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\$23 MILLION
 estimated



NEWS
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SHARING.



REACHING OUT TO THE BODY RUB BIZ

IN DAY 3, WE LOOK AT HOW POLICE AND ADVOCACY GROUPS COMBAT TRAFFICKING AND ONE MAN'S PREFERENCE OF MASSEUSES OVER RELATIONSHIPS **PAGES 10 & 11**

'It took a lot of lunchtimes'

Students in the engineering club at the London International Academy built a 3D printer over eight months using spare parts from old computers **PAGE 2**

London fighter lands finale blow

Welterweight Chad 'The Disciple' Laprise becomes first Canadian winner of UFC reality show **PAGE 32**

Happy Easter weekend!

Metro will not be publishing on Good Friday. We'll be back on Monday!



Teen charged in Heartbleed breach: Police

Canada Revenue Agency. RCMP claim 19-year-old Western University student stole 900 social insurance numbers



SCOTT TAYLOR
 scott.taylor@metronews.ca

A Londoner accused of stealing social insurance numbers from the Canada Revenue Agency website may be just one of many hackers who took advantage of the Heartbleed encryption bug.

"This won't be the last that you hear of it," said London-based tech analyst Carmi Levy. "Obviously, this is a CRA announcement, but we will hear similar announcements from other systems."

"Just keep your eyes open for the next couple of weeks because this is a story that's going to have ongoing repercussions."

The RCMP announced Wednesday that Stephen Solis-Reyes, 19, a student at Western University, had been arrested and charged after police searched his London home and

The charges

- Stephen Solis-Reyes is charged with unauthorized use of a computer and mischief in relation to data.
- Both charges are punishable by up to 10 years in prison, according to the Canada Criminal Code.

seized computer equipment.

The CRA shut down its website last week after concerns about a security flaw in encryption software. Officials announced Monday that 900 social insurance numbers were stolen during the breach.

Levy said there's a huge and hungry appetite for stolen personal information such as social insurance numbers and that learning how to breach a vulnerable website is easily done with a simple Google search.

"It's available online to anyone curious enough to go looking for it," he said. "It's like looking for bomb-making instructions. Anyone who's adept with Google can easily find them."

Solis-Reyes appears to be

highly adept. Yearbooks from London's Mother Teresa Catholic high school, where Solis-Reyes was a student before graduating in 2012, speak volumes.

In Grade 11, he was a prize-winner in a contest run by the University of Waterloo Centre for Education in Mathematics and Computing. He also earned the school's computer engineering subject award the same year.

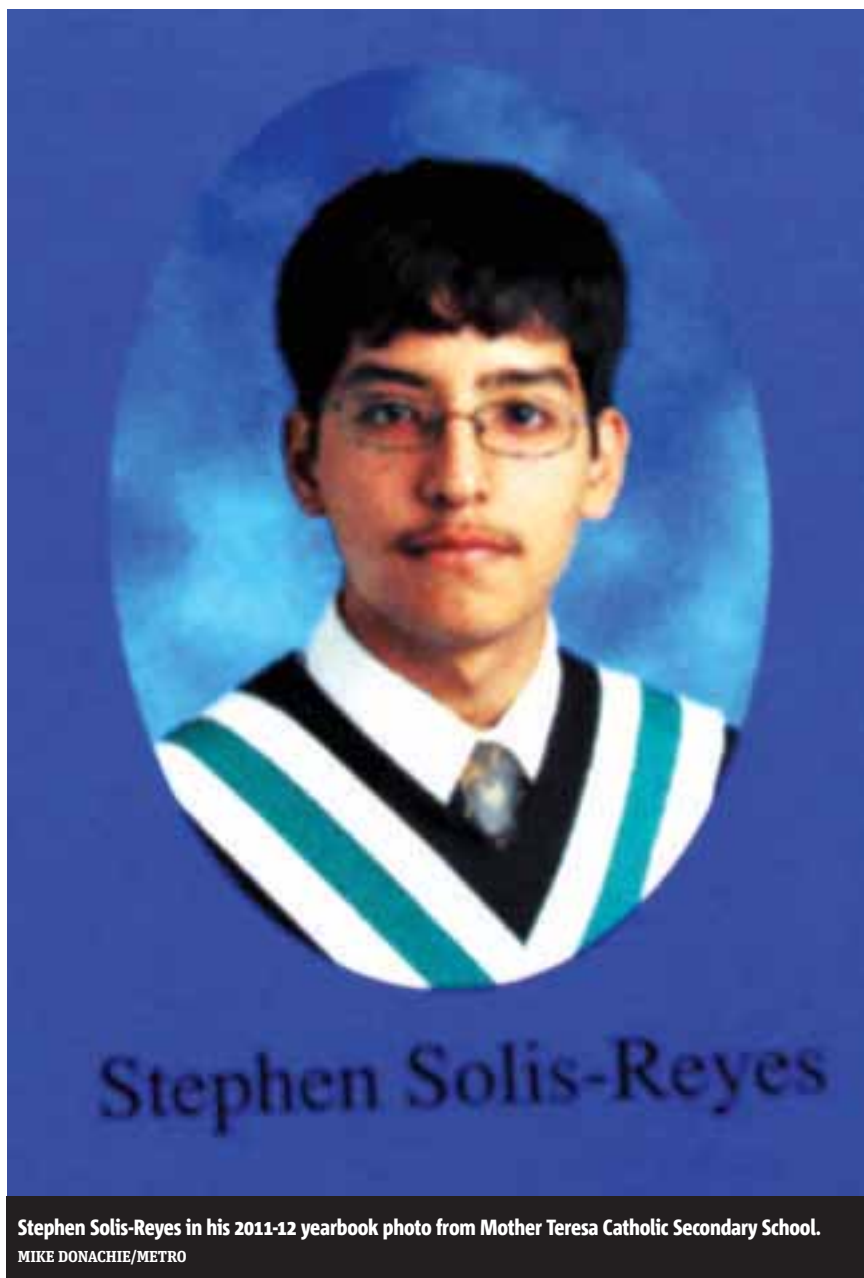
Solis-Reyes is listed as a member of the school's robotics club, the programming club and the robotics challenge team. He was also part of the team that was city champions in the Ecoo (Educational Computing Organization of Ontario) programming contest.

Levy said that in the Internet age information about people is worth its weight in gold.

"Your data — your name, your user name, your password, your address — all that is worth a tremendous amount to hackers and to criminals," he said. "There's a very burgeoning underground trade in this information."

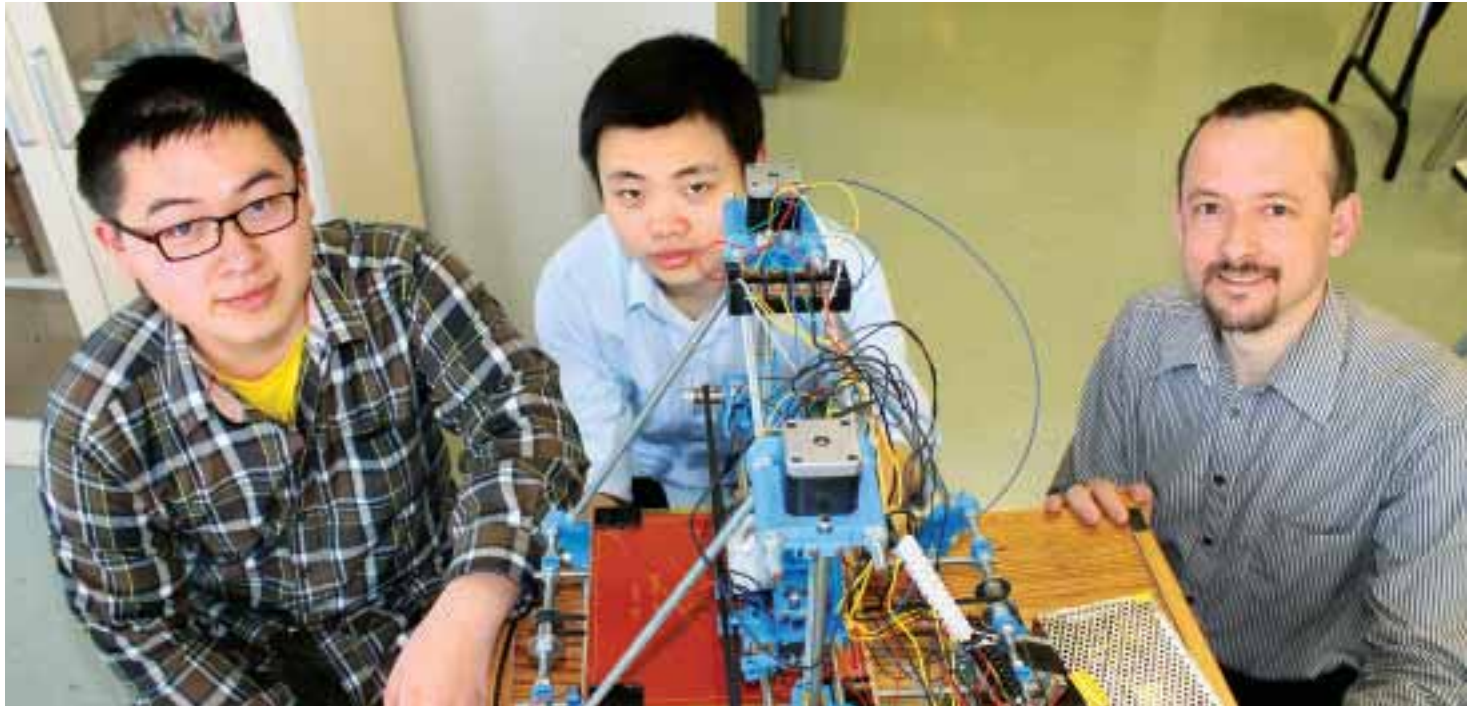
Solis-Reyes is scheduled for a July 17 court appearance in Ottawa.

The investigation is ongoing, police said.



Stephen Solis-Reyes in his 2011-12 yearbook photo from Mother Teresa Catholic Secondary School.

MIKE DONACHIE/METRO



From left, London International Academy engineering club students Xu Jingyong, known as Jimmy, and Ding Zixuan, known as Albert, with vice-principal William Neal. The club had about 20 members but Jimmy and Albert were the only two involved throughout the entire project. MIKE DONACHIE/METRO

Students use their lunch breaks to build 3D printer

What did YOU make for lunch? London International Academy kids had \$800, spare parts to build device



MIKE DONACHIE
mike.donachie@metronews.ca

It's straight out of Star Trek, and it only took eight months of lunch breaks to make.

Students in the engineer-

ing club at the London International Academy can boast a remarkable achievement after making their own 3D printer.

And they did it on a tiny budget. Devices that print in 3D using plastics — and could, theoretically, make any object — usually cost thousands of dollars, but these kids used just \$800 and some spare parts from old computers.

"It took a lot of lunch-times," said William Neal, vice-principal at the downtown private school that has 237 students from 15 coun-

tries. "We really started in September with the framework build. We built it physically, but then the configuration and planning the details of it took basically eight months of lunch hours.

"We did it 20 minutes at a time, really; sometimes 40 minutes at a time on a good day."

As well as the spare parts, the 3D printer needed its own unique parts. So the team came up with an unusual solution.

"It's partially self-repli-

Adding a dimension

"When you tackle a problem like this, then you have a whole series of new challenges."

William Neal, vice-principal of the London International Academy

cating," Neal said. "The blue parts were printed out by another 3D printer."

Now the students can make their own parts for other projects. First, though,

they're having some fun, and have sculpted a character they want to create: a penguin with a mushroom on its head.

It's all about pushing the students to take on challenges beyond the bare educational curriculum, Neal said.

Physics and computer science teacher Joe Bonasia agreed.

"It is definitely a measure of the potential that some people can reach when they just want to get something done," he said. "It's inspiring on many levels."

Charged. 4 men arrested after break-in, car theft

Four people are facing charges after police say a home was broken into and a car stolen.

Police were called to Forest Lawn Avenue on Tuesday for a report of suspicious men hanging around a home while the occupants were away on vacation. Two men — Shane Campbell, 26, and Terry Elliott, 40 — were arrested as they left the residence.

It is believed the home was broken into days earlier and keys to the owners' vehicle were stolen, police said.

Shortly after the arrest, officers found the vehicle in a parking lot on Toulon Crescent with two other men inside. Both — Ronald Towle, 31, and Wayne Wise, 47 — were arrested.

The men were carrying marijuana and crack cocaine, police said. Inside the vehicle were tools believed to have been stolen overnight Sunday from a truck.

Charges against the men include break-and-enter, drug possession and escaping lawful custody. METRO

Council agrees to buy land for southwest rec centre

It's looking good for a long-awaited recreation centre in southwest London after city council agreed to buy land for it.

The centre looks set for the area of Bostwick Road and Southdale Road West, where the city is to acquire 11 acres.

The decision was made during Tuesday night's council meeting, after a

By the numbers

\$2M

The land deal is expected to cost taxpayers \$2 million, with some of the land to be donated.

matter discussed in private, for reasons of commercial confidentiality, was made public.

The need for the centre first came up in 2009, when city staff put together a master plan on recreation. Now, a consultant has said that part of the city is lacking facilities.

The city has said the new centre will include an indoor pool, gymnasium and space that can be used for a variety of activities.

MIKE DONACHIE/METRO

Vaccines. Matthews, province concerned about 'Jenny McCarthy effect'

It's "outrageously irresponsible" for celebrities like Jenny McCarthy to encourage parents not to immunize their children against potentially deadly diseases, Ontario Health Minister Deb Matthews said Wednesday.

McCarthy, currently co-host of talk show *The View*, has been vocal about her belief that vaccines can cause autism in children like her son — a claim largely based on a research paper that has since been denounced as fraudulent.

"The science is very clear," said Matthews. "The study she's referred to has been discredited many times. There is absolutely no truth in that argument."

McCarthy, who's faced harsh criticism for the views, recently said she's not anti-vaccine and never told parents not to have their children immunized.

She said she simply questioned the "one size fits all" approach to giving infants multiple shots at one time.



Deb Matthews
TORSTAR NEWS SERVICE FILE

But Matthews said she's discussed the so-called "Jenny McCarthy effect" with government officials because there's a concern that her views on vaccines may stop Ontario parents from having their children immunized.

Parents need to understand that it's perfectly safe to vaccinate their children, which helps prevent the spread of diseases in schools and communities, she said. **TORSTAR NEWS SERVICE**

Public-servant cuts. Unions unite, fighting with 57,000-strong front

Six unions say they're banding together to fight cuts to Ontario public servants.

The unions, which represent 57,000 civil servants, say they're joining forces because they don't want the government to pick them off one at a time.

The group includes AMAP-CEO, the Ontario Public Service Employees Union and the Professional Engineers Government of Ontario.

They say the government is demanding "devastating cuts"

to their members' health and retiree benefits, sick pay and future salaries.

They say it flies in the face of Premier Kathleen Wynne's recent comments that it would be a mistake to declare war on labour, as the Progressive Conservatives would do.

AMAPCEO, which represents 11,500 professional and supervisor employees, say negotiations are currently deadlocked and the two sides have agreed to go to mediation.

THE CANADIAN PRESS

Human trafficking a growing problem, police say

Pilot project. Women caught in the middle need help, not punishment, chief says

At a glance

- London police spoke with about 130 women as part of their human-trafficking pilot project. At least eight of them were 16 years old, they said.

Human trafficking is a growing menace in London.

That's the simple conclusion from a pilot project carried out by city police in June 2013. The project aimed to determine the extent of the problem and to develop strategies for dealing with it.

Officers involved in the effort said some of the girls they interviewed were as young as 16 years old. What's worse, an 18-year-old high school student was found to be recruiting other female students into prostitution during school hours, they said.

"Clearly, it's pervasive and it's disturbing," said London police Chief Brad Duncan, who added many women are moved from city to city on a nightly basis.

Duncan is calling for laws that would offer support to women involved in the trade. He favours what's known as

the Nordic model — a strategy that sees johns and pimps charged but women caught in the middle offered help — and plans to make his case to law enforcement agencies.

The women are "not there because they want to be there," he said. "I know some people can make the argument that there's a vocation there and some people choose to do this. The women we're talking to and have tried to extricate (themselves) from this lifestyle don't want to be there."

There's no easy solution to the problem, he said, but the Nordic model could be a step in the right direction. "It's one thing for police to go in to assist in removing them, but then we need the social support," he said.

SCOTT TAYLOR/METRO



Arming cops with Tasers

More London police officers could soon be armed with Tasers like these. Chief Brad Duncan, speaking at a Wednesday police services board meeting, said he favours expanded use of the weapons and will seek the public's input on the issue in May after he presents his case to the police board. Duncan deferred questions on the matter until after that May presentation. **CONTRIBUTED**

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Fixt Point artistic director Lisa Marie DiLiberto and managing director Charles Ketchabaw. CONTRIBUTED

Tale of London Town. Downtown stories to be turned into art

Stories from the streets of London are to be the focus of an unusual arts project next month.

The Tale of London Town is the start of a three-year project that's expected to spread across Canada.

The effort will combine a tour of the streets with sound, music, interviews and more in what its organizers are calling "an unparalleled multimedia experience."

It starts at The Grand Theatre and takes people across downtown's streets and alleys, with stops for stories along the way.

There will be a "storefront newsroom" that tells the story of the city's core, and the tour ends at the performance space in Fanshawe College's downtown campus.

"We've already been in London gathering stories," said associate producer Dominic Mann-Bertrand of Toronto theatre and media company Fixt Point, which is leading the project.

Supporting it are The Grand, Downtown London, Fanshawe, the Canada Coun-

Quoted

"No story is too small. Everything is interesting. Everyone has a story to tell."

Dominic Mann-Bertrand of Toronto theatre and media company Fixt Point

cil for the Arts and the Ontario Arts Council.

Mann-Bertrand said the plan is to preserve and celebrate London's downtown culture through storytelling and other arts.

"Every town is unique," he said. "No town is too small. No story is too small. Everything is interesting. Everyone has a story to tell."

The project began last summer and will be repeated across Canada, from east to west, Mann-Bertrand said, in a series of similar projects leading up to the country's big anniversary in 2017.

The Tale of London Town will be in rehearsals through April, with show dates from May 8 to 17.

MIKE DONACHIE/METRO

When meeting's as good as tweeting

Artist's tweetup effort. Organizer has met 200 online friends in real life



MIKE DONACHIE
mike.donachie@metronews.ca

Anyone who's met up with a friend they made online knows it can be a nerve-racking experience.

Will they be just as nice in person? Will you recognize them? More importantly, will they turn out to be scary, or even crazy?

Cheri McLeod knows all about it because she's done it more than 200 times.

Now, as the organizer of Tweetup London, the city's big effort to get online friends to get together in person, she's taking the idea in a new direction.

"I would say probably about 95 per cent of the time people have been nice, more approachable in person," said McLeod, who tweets as @CanadianCheri. "Everyone has anxieties about meeting people for the first time."

"People are usually like their online personalities but a little bit softer; a little bit friendlier."

She said online dating is more likely to produce negative experiences, so people should follow safety guidelines like taking a friend along and making sure someone knows where they are.

But tweetups are like



Free hugs are on offer on Earth Day, this Tuesday. Above, Cheri McLeod is shown with Kevin Moore, a friend she knew online before they met in person. MIKE DONACHIE/METRO

meetings of "long-lost friends," she said.

McLeod is shifting the focus of Tweetup London away from events run on the same day of each month.

"Why not take advantage of what's going on in the city and not just run our own events?" she asked. "Sometimes I'd like to go to things, but I don't want to go by myself. It's more fun to go with a bunch of people together."

@TweetUpLdn

- Want to get together with people from Twitter? A group is heading to the Monty Python Party being run on Saturday night by the Palace Theatre as a fundraiser for its new roof.

- There's also a tweetup

event on Tuesday for Earth Day, when Cheri McLeod and others will be at the Victoria Park bandshell at lunchtime with cakes and, yes, free hugs.

- Follow @TweetUpLdn for more information.

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Shoeboxes shore up the spirits



Shoeboxes filled with goodies are being accepted for My Sister's Place. Pictured from left are London Shoebox Project co-ordinator Norma Sharpe, My Sister's Place client Tina Dobson, Shoebox director David Brebner and My Sister's Place client Wendy Liscombe. SCOTT TAYLOR/METRO

Good things come in small packages.
Little luxuries make big difference for My Sister's Place clients



SCOTT TAYLOR
scott.taylor@metronews.ca

The expression on the face of one woman at My Sister's Place as she rummaged through a shoebox full of goodies said it all.

Candies, breath fresheners, socks and more.

Tina Dobson shook a full container of Tic Tacs to make them rattle and smiled.

That's why The Shoebox Project is important, said My Sister's Place executive director Susan McPhail.

"Not only does it give them practical support that they don't have access to, but it gives them a lot of moral support," she said

How to help

- Shoeboxes filled with items can be dropped off at London Libro locations, Covers (1950 Hyde Park Rd.) and The Grand Theatre (471 Richmond St.) until May 2.
- For details, check shoeboxproject.com.

about clients.

"It makes them feel and know that there are others in the community that are thinking about them, caring about them and wanting them to be well and fine in the world."

The Shoebox Project for Shelters operates across Canada and is a non-profit initiative that collects small gifts that are packaged in shoeboxes for distribution to women in shelters.

Last year, the initiative delivered 663 boxes to My Sister's Place for a Mother's

Day celebration.

Each shoebox is filled with about \$50 worth of items that a woman would enjoy but would not splurge on for herself in difficult times.

"We're looking at things like underwear, shampoo, toothbrushes and toothpaste. Things that most of us take for granted, but are lovely items for the people that, unfortunately, have to require these services," said David Brebner, national director and a London co-ordinator of The Shoebox Project.

"Also, bus tickets, which offer transportation to a safe place, and gift certificates to coffee houses or restaurants so that they have a meal or a warm, dry place," added Norma Sharpe, another London co-ordinator.

Go online

For the latest local news, visit metronews.ca.



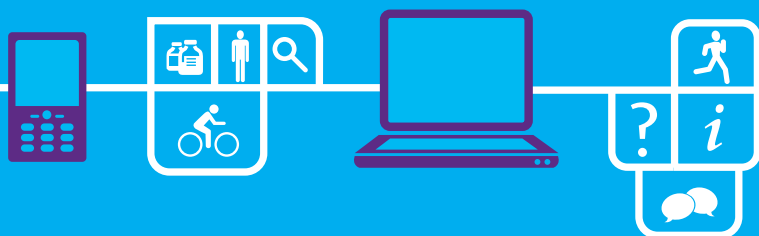
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WHERE

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Together we can drive change.

South Korean ferry disaster

Near Jindo. Over 280 were missing; many had been trapped inside the boat as water rushed in; the tilt kept them from reaching exits

A ferry carrying 462 people, mostly high school students on an overnight trip to a tourist island, sank off South Korea's southern coast on Wednesday, leaving more than 280 people missing despite a frantic, hours-long rescue by dozens of ships and helicopters. At least four people were confirmed dead and 55 injured.

The high number of people unaccounted for — likely trapped in the ship or floating in the ocean — raised fears that the death toll could rise drastically, making it one of South Korea's biggest ferry disasters since 1993, when 292 people died.

One student, Lim Hyung-min, told broadcaster YTN

after being rescued that he and other students jumped into the ocean wearing life jackets and then swam to a nearby rescue boat.

"As the ferry was shaking and tilting, we all tripped and bumped into each other," Lim said, adding that some people were bleeding. Once he jumped, the ocean "was so cold.... I was hurrying, thinking that I wanted to live."

Local television stations broadcast live pictures of the ship, Sewol, listing to its side and slowly sinking as passengers jumped out or were winched up by helicopters. At least 87 vessels and 18 aircraft swarmed around the stricken ship. Rescuers clambered over its sides, pulling out passengers wearing orange life jackets.

But the ship overturned completely and continued to sink slowly. Within a few hours only its blue-and-white bow stuck out of the water; 160 coast guard and navy divers searched for survivors inside the wreckage.

THE ASSOCIATED PRESS



The South Korean Coast Guard tries to rescue passengers from the ferry Sewol off the southern coast near Jindo, south of Seoul, Wednesday. Dozens of boats, helicopters and divers scrambled to rescue more than 470 people, including 325 high school students.

HYUNG MIN-WOO, YONHAP/THE ASSOCIATED PRESS

South Korea

Ferry tragedy could be one of country's worst

Yonhap news agency said the 146-metre-long ship, which travels twice a week between Incheon and Jeju, was built in Japan in 1994 and could carry a maximum of 921 people, 180 vehicles and 152 shipping containers.

The water temperature in the area was about 12 C, cold enough to cause hypothermia after 1 1/2 hours of exposure.

The two previous deadliest ferry disasters were in 1970 when 323 drowned and 1993 when 292 died.

THE ASSOCIATED PRESS

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Political players of all stripes gather to bid Flaherty farewell

State funeral. Harper opens the proceedings with personal tribute to late finance minister

A gallery of political luminaries from all sides of the partisan divide gathered at a cavernous Toronto cathedral Wednesday to set aside their differences and pay final respects to former finance minister Jim Flaherty.

Mourners donned green scarves, a tribute to Flaherty's Irish heritage, inside St. James Cathedral as they celebrated the diminutive, combative politician, who died of a heart attack last week at the age of 64.

Prime Minister Stephen Harper began the proceedings with a personal tribute to his longtime political confidante. Directly addressing



Christine Elliott is escorted by her son Galen as they follow the casket bearing their husband and father, Jim Flaherty, following his state funeral in Toronto on Wednesday. CHRIS YOUNG/THE CANADIAN PRESS

Flaherty's wife, Christine Elliott, and the couple's triplet

sons, Harper said, "We have lost a partner in politics, but

you have lost a partner in life." Harper kept his composure

Quoted

"What a sad time this is in the life of our country."

Prime Minister Stephen Harper

sure throughout most of what turned out to be a cheerful, lighthearted look back on the time he and Flaherty shared together in power on Parliament Hill.

"Occasionally, I imposed a final decision," Harper said of their periodic cabinet-table disputes.

"Occasionally I decided he was probably right. And occasionally, I decided he was wrong, but let him have his way because I just got so damn tired of arguing with him."

But as Harper's eulogy ended, he had to compose himself as he described the day he accepted Flaherty's resignation.

"I told Jim that he had truly been over these eight years,

in my judgment, the best finance minister in the world, if not indeed the best in our history," Harper said.

"I also wished him well in his next career ... and I told him not to be a stranger."

Liberal Leader Justin Trudeau, NDP Leader Tom Mulcair and former prime ministers Brian Mulroney, Kim Campbell and John Turner were among those on hand for the funeral, alongside federal cabinet ministers including John Baird, Peter MacKay and Chris Alexander.

Flaherty's state funeral is the first such honour since 2011, when former NDP leader Jack Layton was laid to rest.

THE CANADIAN PRESS

Calgary still in shock day after horrific murders



Women cry and hug beside a makeshift memorial near the scene of the multiple fatal stabbings in Calgary on Wednesday. LARRY MACDOUGAL/THE CANADIAN PRESS

Ernie Hagel has had plenty of experience with death during his 43 years as a funeral director, but he's struggling to deal with the loss of one of his promising young employees.

Jordan Segura was one of five young people stabbed to death at a house party in Calgary early Tuesday morning. He had worked for McGinnis and Holloway Funeral Homes in the city over the last year.

"Our staff are devastat-

ed," Hagel said Wednesday. "We've tried to deal with this, but when it hits home it hits hard. If it doesn't, it's time to get out of the funeral business."

Segura was attacked along with Zackariah Rathwell, Josh Hunter, Lawrence Hong and Kaiti Perras. All were in their 20s. All were at a party marking the end of classes at the University of Calgary.

Matthew de Grood, 22, has been charged with five

counts of first-degree murder, and has been transferred to a Calgary psychiatric facility. Lawyer Allan Fay said a justice of the peace ordered his client to receive a psychiatric assessment. Fay said he has spoken to his client, and de Grood was doing as well as could be expected.

"He was lucid, at least he seemed lucid to me. He seemed to understand what was going on to the best of someone's abilities," Fay said.

"It's going to be a very difficult case indeed."

The Calgary home where the attack took place was surrounded with police tape Wednesday and the street remained closed. Flowers were piled under a tree in a makeshift memorial. There were also hand-scrawled notes and a candle paying tribute to the dead.

One read, "Heaven has five new angels."

THE CANADIAN PRESS



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'Do you see me?'

A poem from former sex trade worker "Julie," provided by the Centre to End All Sexual Exploitation.

I work at the massage parlour you go to. Do you see me?

You come in and I catch a glance of you. I think I know you. I quickly run to the back room. Do you see me?

I check the camera. I don't recognize you, so I get ready to greet you with the other girls. We meet and you look at me leeringly. I tell you my fake name. I'm apprehensive. Do you see me?

I smile and exit before the next girl introduces herself. You tell her you want a session with me. She calls me back and appears upset that you chose me. She intimidates me and I'm scared of her. Do you see me?

We enter the room and you tell me you don't quite have the amount of money I quoted and ask for a 'deal'. I oblige. I feel cheapened. Do you see me?

I start to take my clothes off for you. I'm uncomfortable. I'm ashamed. Do you see me?

You start touching me and my skin starts to crawl. I feel myself pull away for a moment. Do you see me?

You ask if I enjoy what you are doing to me. I smile and say I do even though it's a lie. Do you see me?

You finish and tell me that you had a great time. I say I did too. Another lie. Do you see me?

You ask if I genuinely like my job. I tell you I love my job. I'm lying again. Do you see me?

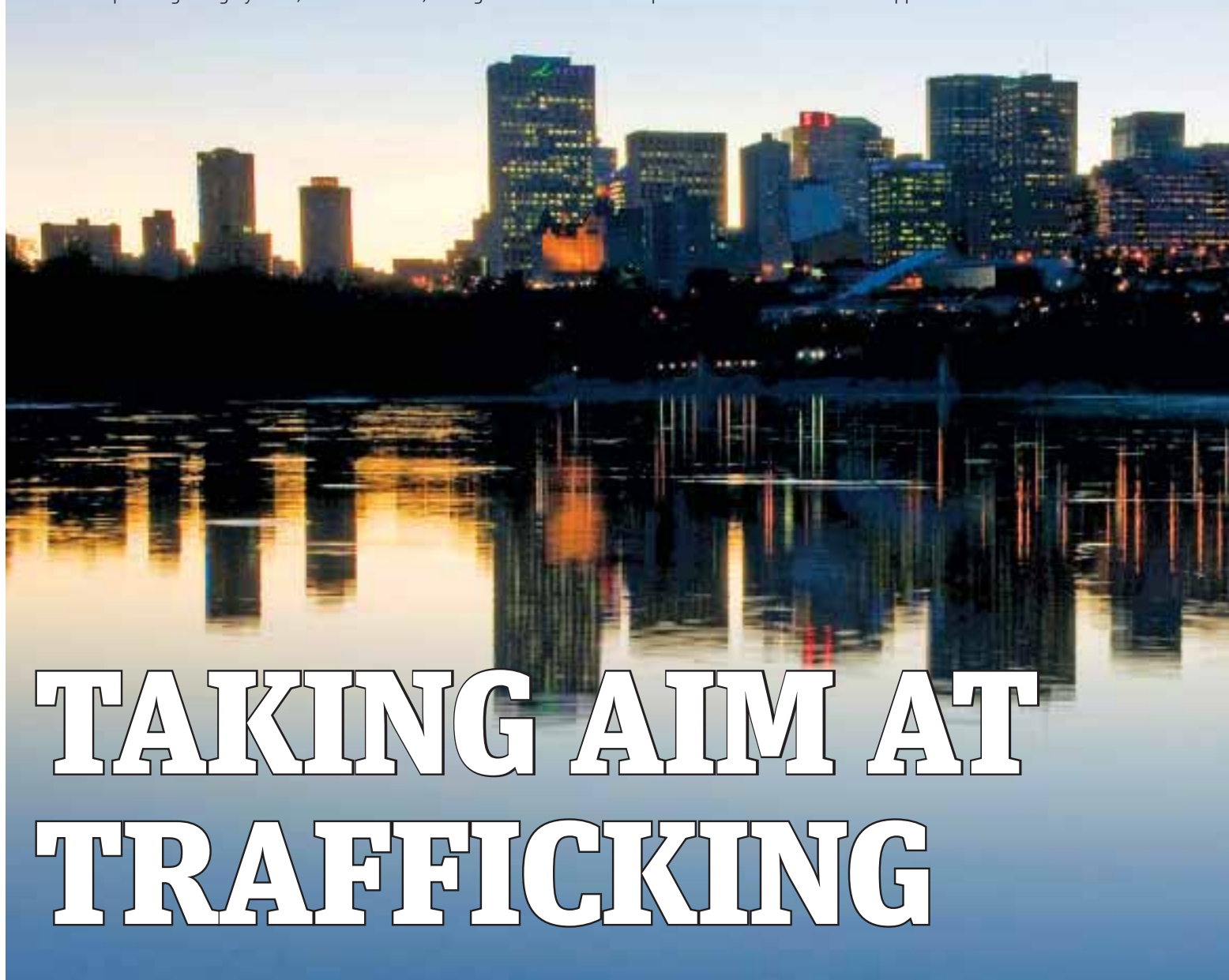
You tell me you will come back and visit me again. I force a smile but I am dreading that day. Do you see me?

As you exit the parlour, I get tears welling up in my eyes. I feel objectified, de-humanized. Do you see me?

You leave and I prepare to meet the next guy who is already waiting, all the while wondering, Did you see ME?

Don't buy women, Don't buy the lie.

Last December, the Supreme Court of Canada ruled unanimously that the country's prostitution laws are unconstitutional. The federal government was given a year to decide next steps. In the meantime, "red lights" across the country are operating in a grey zone, as sex workers, local governments and the public wait to see what will happen.



For the final day of our three-part series, Metro Canada speaks with police, counsellors and anti-exploitation advocates working on the front lines to try to ensure body rub workers in Edmonton have the proper abuse-prevention resources available. They all admit it's hard to pin down the number of criminal acts being committed on a daily basis due to the secretive nature of the sex industry.



LEAH GERMAIN
Metro in Edmonton

For Edmonton police Det. Steve Horchuk, building trust is the cornerstone of his job, especially when it comes to working with women at body rub parlours. The city's regulated parlours make up the

largest and most consistent group of sex workers in Alberta's capital, he says.

Working with his fellow officers on the Edmonton Police Service vice unit, Horchuk's days are spent building bonds, breaking down barriers and offering sex workers an outlet to talk about abuse or exploitation.

"We are looking for human trafficking. We are looking for underage girls and women getting ushered into the business," Horchuk says in a matter-of-fact tone. "Any sort of oppressive environment."

He said the reason for relationship building is simple: By educating sex workers about the risks involved in the industry, women can start to distinguish what's criminal and what's not.

Waiting for the other shoe to drop

"As education and awareness increase, I think we are going to see more reports of human trafficking in general."

ACT Alberta executive director Andrea Burkhart

"Sex workers will often deal with it on their own, without realizing they're being victimized," Horchuk says, adding it's almost impossible to know precisely how much crime or abuse might be happening at body rub parlours.

"We think, anecdotally from the women disclosing how many customers try and force anal intercourse, or try and force no contraception or they get rough and punch, choke or do things that are

not consensual, that happens quite frequently."

Andrea Burkhart, executive director of ACT Alberta — an advocacy group that works with police and other local stakeholders to address human trafficking — is also committed to building trust with potential victims of the sex industry, particularly human trafficking.

"It's very hard to see human trafficking at first glance," Burkhart said.

"People who've been trafficked often don't self-identify and (they) deny they've been trafficked."

While experts are unable to pin down the number of times women are trafficked into the sex industry through body rub parlours, Burkhart said building trust between sex workers and law enforcement is the first step to identifying the problem.

"There is still a lot that needs to be uncovered," she said. "As education and awareness increase, I think we are going to see more reports of human trafficking in general."

"We are hopeful those who have been trafficked in massage parlours know there is assistance for them should they come forward and seek help."



In a parlour or on the street, 'it is still sexual exploitation'

Hidden victims.

Despite regulations, abuse and exploitation still prevalent at body rub parlours, former vice detective says

LEAH GERMAIN
Metro in Edmonton

When it comes to the economics of body rub parlours, many sex workers advocate it's time to stop thinking of them as a commodity and address the issue of supply and demand.

"At the core, it's a women's equality issue and a poverty issue," said Kate Quinn, the executive director for the Centre to End All Sexual Exploitation (CEASE) in Edmonton.

Working with sex workers on a daily basis, Quinn said one of the greatest issues facing the sex industry is a living wage for women. "When there is no livable wage option, women turn to the commercial sex industry and that's what we need to change," she said.

Acknowledging the struggles on the supply side of the equation — the women in the industry — Quinn said the impact body rub parlors have on demand — those paying for their services — is often overlooked.

"Women I have worked with in the commercial sex industry have said 90 per cent of their customers were married men, that money paid to those women came from their



Advocates say it's time to stop thinking about sex workers as a commodity. ISTOCK

family economy," Quinn said.

"We never talk about the buyer's side. We never talk about the hidden victims — the buyer's family, children."

Like Quinn, JoAnn McCartney, a former Edmonton Police Services vice detective and current anti-prostitution advocate and counsellor, said even though body rub parlours are largely regulated, exploitation and abuse is an ongoing issue for sex workers.

From her own experiences

visiting parlours as a police officer, and from stories shared with her by body rub workers, McCartney said she sees very little differentiation between street sex workers and women working in parlours.

"The women working in there think they are different from street prostitutes," said McCartney.

"They believe they are a step up. I don't think they are any better or worse. It is still sexual exploitation."

John says ...

Oil worker cuts out 'girlfriend bulls—t' for massage parlours

Oil-rig work keeps John away from Edmonton for two to three weeks at a time. It also makes it pretty difficult for him to keep a steady girl back in the city, he says. As an alternative, the 34-year-old turns to massage parlours.

"It's hard for women to stay faithful. Every girlfriend I've had has cheated on me while I've gone to work. So basically I cut the whole girlfriend bulls—t out," he said.

Three years ago, John met Roxy (a body rub parlour worker Metro featured in Part 1 of this series). Every three weeks, when he was back in the city, John would drop by the parlour where she works.

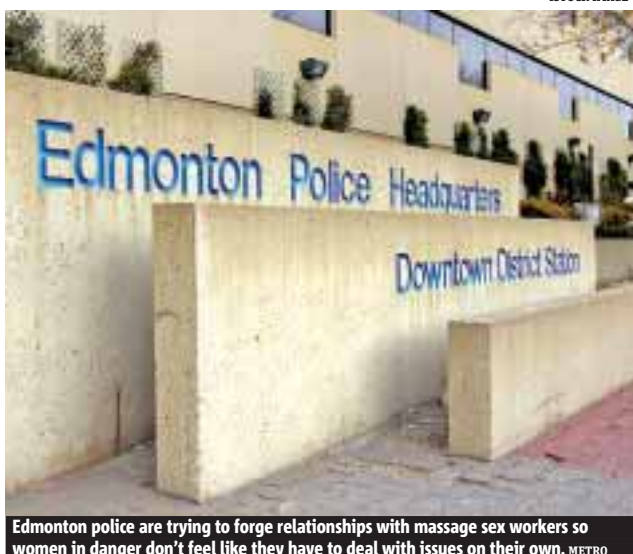
The two eventually became friends, so they ended the working relationship and John now visits other parlours in the city, spending about \$260 to \$300 an hour to "stay" with a woman. He said it is cheaper than date night.

"By the time you take a girl out on a date just to get some a—, you're looking at spending just about the same," he said.

John said he plans to stop visiting massage parlours once he is in a steady relationship.

Editor's note: John's name has been changed to protect his identity.

STEPHANIE DUBOIS/METRO IN EDMONTON



Edmonton police are trying to forge relationships with massage sex workers so women in danger don't feel like they have to deal with issues on their own. METRO

Your voice

What you had to say about this series

Metro readers had a lot to say about our three-part series on body rub parlours. Here is a selection of some of the comments posted on our website:

There are many people who don't have a lot of money, but they go out and work 2-3 jobs to make ends meet. Giving your body to be used by a complete stranger is not working, it's called prostitution no matter how you may try to word it. It not only puts the prostitute at risk of violence or disease, but most importantly it puts the married men at risk of bringing home those diseases to their innocent wives as well as destroying marriages when they are caught. They should not be legal/licensed anywhere in Canada. **CommonSense**

The best solution is to legalize prostitution so you go to a regulated brothel for sex and a massage therapist for injury related massage. **Annoyed**

Seems to me Canadians have set most of the prudishness aside, and realize that the sex trade cannot be stopped, but can only be driven underground ... I look forward to the day when we will look upon a normal, and potentially exciting, sexual encounter, as we now look forward to a lovely dinner at a fine restaurant. Why shouldn't one treat themselves to something new and exciting? **Awfulorv**

This career does not put married men at risk of anything; that is the married man's choice, not the sex worker's. That line of thinking is the same as people who blame rape victims for "dressing provocatively," as if men are some out-of-control animals who only rely on base instincts. If someone is OK with, or even enjoys sharing a sexual experience with others for money, that is their business, not yours. Don't like it? Don't participate in it. Simple as that. **Kakkoi**

Get caught up

If you missed any part of Metro Canada's three-day series, visit metronews.ca/features/massage-parlours for all our features, along with additional content only available online.



Is Apple's iPad as Canadian as maple pie?

A new survey, eh? 1 in 4 Canucks now own a tablet, with many opting for an iPad

More than 42 per cent of anglophone Canadians now own a tablet and most are increasingly choosing one of Apple's iPads, suggests a

report by the Media Technology Monitor.

Tablet ownership spiked by about 66 per cent between 2012 and 2013, according to the results of a MTM survey conducted with 4,009 Canadians between Oct. 7 and Dec. 1 of last year.

In the fall of 2012, about one in four anglophone Canadians told pollsters they had one of the gadgets,

while a similar survey conducted in the fall of 2011 found just one in 10 were tablet owners.

Apple's iPads account for about two-thirds of the tablets Canadians own, MTM's newest report suggests, while BlackBerry's PlayBook and Samsung's Galaxy Tab devices have a 10 per cent share of the market each. Apple's hold of the market

has consistently grown in MTM's polls while the other brands have stagnated.

Overall, the tablet users typically said they used their device to go online (88 per cent), browse the web (80 per cent) and use email (65 per cent). About half said they used their tablet for social networking, watching video and reading news.

THE CANADIAN PRESS



More than 42 per cent of anglophone Canadians have a tablet, with many choosing an iPad, says a new survey. JUSTIN SULLIVAN/GETTY IMAGES

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Bitcoin exchange fall. Mt. Gox customers not likely to get money back

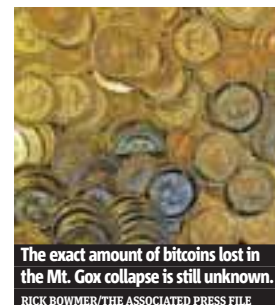
The Mt. Gox bitcoin exchange in Tokyo is headed for liquidation after a court rejected its bankruptcy protection application.

Mt. Gox said Wednesday the Tokyo District Court decided the company, which was a trading platform and storehouse for the Bitcoin virtual currency, would not be able to resurrect itself under a business rehabilitation process filed for in February.

An administrator will try to sell the company's assets, and many creditors, including those who had bitcoins with the exchange, are unlikely to get any money back.

After Mt. Gox went offline in February, its CEO Mark Karpeles said 850,000 bitcoins worth several hundred million dollars were unaccounted for, blaming a weakness in the exchange's systems.

Later, Mt. Gox found 200,000 of the bitcoins, changing the estimate for the lost virtual currency to 650,000 bitcoins, although the exact amount is still under investigation.



The exact amount of bitcoins lost in the Mt. Gox collapse is still unknown. RICK BOWMER/THE ASSOCIATED PRESS FILE

Mt. Gox has suggested the bitcoins were stolen. The company has not been able to confirm the bitcoin balances of its users.

Bitcoins were created in 2009 by a mysterious figure or group known as Satoshi Nakamoto and are used for transactions across borders without third parties such as banks. They have also become an investment craze. Mt. Gox said in a statement that bankruptcy proceedings are likely to start in the U.S. along with the action in Japan, but the timing is still unclear. It said there may be a buyer for its business but that was still undecided.

THE ASSOCIATED PRESS

Stephen Poloz

BoC head won't rule out future interest rate cuts

Bank of Canada governor Stephen Poloz says he has not ruled out a future cut to interest rates despite evidence disinflationary pressures appear to be waning and his belief that the global and Canadian recoveries are picking up steam. The central bank held its rate at one per cent, where it's been since September 2010. THE CANADIAN PRESS

Market Minute

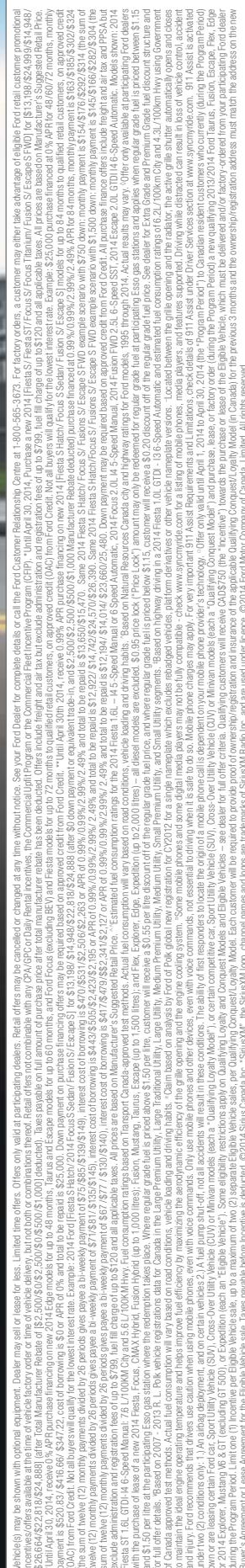
DOLLAR
90.76¢ (-0.34¢)

TSX
14,446.52 (+142.60)

OIL
\$103.76 US (-\$0.01)

GOLD
\$1,303.50 US (+\$3.20)

Natural gas: \$4.53 US (+\$0.04)
Dow Jones: 16,424.85 (+162.29)



IT'S NOT YOU, IT'S THE PLAYOFFS

By the time you read this, my love, I may already be in sudden death.

We've grown close these first few months together, but as my girlfriend I think it's only fair you know there's a side of me you haven't seen before — a dark side, an off side. It's time for the NHL playoffs.

I'm so sorry.

If you're reading this, you probably already know what I mean. Maybe you've picked up this column during a game because you've given up on speaking to me directly.

You speak, but I respond with only an icy stare in the direction of sudden-death overtime.

You step in front of the screen, and I leeeee-an around you, possibly rousing myself long enough to mumble the old family chestnut about making "a better door than a window."

You try to ask about Don Cherry's wardrobe, but I've plugged my fingers into my ears and curled into the fetal position.



HE SAYS

John Mazerolle

metronews.ca

tion until he's done explaining that the forwards should cover the points.

But don't fret. I believe in us. Or to be more specific, I believe you have what it takes to put up with me. You've proven it before.

We went to see a Raptors basketball game together, and you provided the insightful colour commentary that only fresh eyes can deliver: "They score a lot in basketball!" And you showed a true understanding of the heart of basketball (really), when you said, "It's taken them 10 minutes to play the final 36 seconds."

We watched the Raptors lose, though they won their division because the team chasing them lost in a simultaneous game. You got the headline "Raptors win" and declared, "I don't think I understand basketball," and it was just about the cutest thing ever.

And, recently, your roommate wished me "Good luck" for the hockey playoffs, and you were confused because I don't

actually play for the Boston Bruins, even if my apartment has more B's paraphernalia than their team bus. You chuckled and insinuated that I somehow have no impact on the result of the game.

That's nonsense, of course. Anybody who's ever helped their kid eat by opening their own mouth, or helped a pilot land an airplane by staring out the window, knows the vital role I play.

But I'm not asking you to understand. You don't even have to like it. You just have to understand that I like it.

So, my sincerest apologies, my love. I'll make it up to you, and I don't need anything from you. You don't need to know your icing from your elbowing penalty. You just need to know I'll be in my Cups just a little while longer, and then I'm yours.

I know I'm risking heartbreak and loss over these two months, but that's hockey!

Sincerely,
John

P.S. Thanks for being such a good sport. I'm a fan of those.

ZOOM

Dog days of prosthetics



LINDSEY MLADIVINICH/ORTHOPEDS/THE ASSOCIATED PRESS

Pooch saved from foreclosed home

Naki'o, a red heeler mix breed, has received four prosthetic limbs in Denver, Colo. Naki'o was found in the cellar of a Nebraska foreclosed home with all four legs and its tail frozen in puddles of water-turned-ice. What frostbite didn't do, a surgeon did, amputating all four legs and giving him four prosthetics. **THE ASSOCIATED PRESS**

Two-legged dog vid

- A nine-month-old boxer named Duncan barrelled down a beach in Oregon, running full tilt on soft sand into YouTube history and showing more than four million viewers he can revel in a good romp despite lacking back legs.

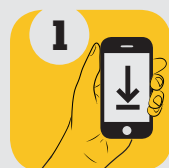
More Paw-sibilities

More veterinarians are using wheelchairs, orthotics and prosthetics to improve the lives of dogs that have lost limbs to deformity, infection or accident, experts say. There have also been great strides in technology to keep up with U.S. soldiers returning wounded from war, and veterinarians have adapted the materials and know-how for the rising demand from clients.

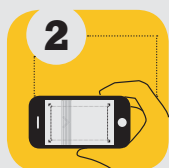
THE ASSOCIATED PRESS

METRO AUGMENTED REALITY

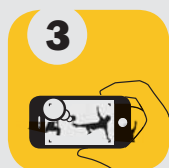
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MetroTube

Selfies suffer a huge blow to the head



**ANDREW
FIFIELD**
metronews.ca

Selfie has had a tough time since the heady days of 2013 when it was blessed with Word Of The Year status by Oxford Dictionaries. First, its definition was rudely changed to "here's a photo of me surrounded by mob of grinning faces." And, it's also become shorthand for Samsung PR stunt. Now this. Now a young man can't even take a well-groomed selfie in a situation of highly questionable safety without getting a rude boot to the head from a train engineer — a lesson in self-preservation that comes with an ironic dash of danger. (Via Jared Michael)



YOUTUBE/SCREENGRAB

Fine family films for Easter

Reel Guys

RICHARD CROUSE AND MARK BRESLIN



Long weekend entertainment. The Reel Guys list their picks for flicks that delight both parents and kids

Richard: Mark, if you're planning to take the kids out to the movies this weekend, there are two recent family flicks that deserve to be seen on the big screen. The Lego Movie is possibly the weirdest, most psychedelic kid's entertainment since H.R. Pufnstuf, but it is also one of the best films of the year so far, kid's movie or not. Then there is Mr. Peabody & Sherman, a big animated film inspired by a time travelling seg-



The Lego Movie is one of the best movies out this year — for kids and adults. CONTRIBUTED

ment from the TV show Rocky and His Friends. It's the only kid's movie with an Oedipal joke and the kind of children's movie that I think parents and kids will enjoy, but probably for completely different reasons.

Mark: Richard, so far The Lego Movie is the most exciting movie of the year, family or otherwise, but it should be noted that it, too, has a strong Oedipal theme in it. As a father of a three-year-old, I'm never quite sure what family entertainment means; what's appropriate for my little boy is different than what might entertain an eight-year-old. Pretty much anything animated works for all ages, but then it gets complicated. And gender plays a role in choosing the right flick, too.

Young girls love The Wizard of Oz, but young boys, not so much. But you never know. My little one loves Frozen, just out on DVD, even though it might seem "girly" to some.

RC: People love Frozen. I'm not one of them, but there is no arguing with the success of that movie. I'm more on side with Despicable Me II, which I thought was great fun despite its predictable plot. The story of chrome-domed former bad guy Gru's (Steve Carell) working with the Anti-Villain League could have written itself, but the inventive gags contained within are the reason the whole family will enjoy the movie. There are lots of fun characters, but it's really all about the Minions — Gru's yellow, jelly-bean-

shaped helpers — who spice things up with their own special kind of anarchy. Speaking in gibberish, they're fun and more than worth the rental.

MB: Despicable Me II is a treat but my little guy deemed it "too scary". But I look forward to a family viewing of E.T. — the greatest family movie ever. Young or old, boys or girls, who doesn't love the tale of that lovable little alien? Also on my eventual DVD queue would be Gremlins and even Home Alone. Kids love movies with kid heroes.

RC: Speaking of kid heroes, the adaptation of the classic Maurice Sendak children's book Where the Wild Things Are isn't a movie for kids as much

Synopsis

After enjoying big Easter and Passover meals, the Reel Guys like to treat the family to a good movie. Because there are as many different kinds of family movies as there are colours on the most psychedelic Ukrainian Easter egg, this week the guys have a look at their favourites. From the big screen to rentals for the small screen they choose movies that will put an extra hop in your step this weekend.

as it is a movie about being a kid. Max is the hero, a lonely kid who goes to where the wild things are. It's a slow moving, simple film about deep feelings. It's not a slick, brightly coloured kid's film with a connect-the-dots plot and an easily digested moral, but it is a magical movie.

MB: I never got the appeal of the movie or the book, but maybe I've been missing something. But here's an idea: Sit down with the family and watch A Hard Day's Night. Everyone loves The Beatles, and this is the pop group in full cheeky-cute mode. Their rock songs from 1964 sound a lot like kids music today, with their melodic hooks and innocent lyrics.

2 SCENE

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When games turn into nightmares



Stress Position is about two friends who decide to batter each other into submission using non-violent torture.
CONTRIBUTED

Stress Position.

Canadian filmmaker's genre-bending piece is a psychological trip

CHRIS
ALEXANDER
scene@metronews.ca

Make no mistake, writer/director/actor A.J. Bond's *Stress Position* is a genre film like no other, especially considering it doesn't quite fit comfortably into any genre at all. The dark as moonless night mock-doc Canadian feature tells the tale of two friends (played by David Amito and Bond himself) who inexplicably decide to launch a grim quest to batter the other into a state of submission using non-violent torture. What starts as a game, rapidly dissolves into the stuff nightmares are made of.

"I'd been doing research into Stasi interrogation techniques for a while as a general point of interest," notes Bond.

"I even explored the idea of doing a found-footage style period film designed to look like Soviet interrogation videos. I ultimately wanted to find a way to explore different psychological torture techniques from different eras in one project, includ-

ing the so-called 'Enhanced Interrogation Techniques' of the U.S. military post-9/11. From there, I wrote a loose outline of how the film might work, and *Stress Position* was born."

Stress Position more than lives up to its name, causing unbearable anxiety in the viewer by blending Ludovico-esque torment while blurring lines between fiction and truth to a disorienting effect. And underneath all the hideous and often blackly funny shenanigans lurks a potent parable about the vulgar ways in which people treat the people ostensibly closest to their hearts.

"When you get really close to someone, you expose your vulnerabilities and secrets, giving that person great power over you," says the multi-hyphenate filmmaker.

"There's incredible responsibility to being involved in any close relationship, and sometimes it's hard not to get corrupted into using that sensitive material to your advantage, to manipulate them with it. We all think we understand our friends' psychology so well, but there's a kind of violence that we do by subtly profiling each other. We build up a set of expectations and assumptions about our friends that can actually hold them back or hurt them. No one can make us feel as great as a close friend,

Quoted

"When you get really close to someone, you expose your vulnerabilities and secrets."

Stress Position filmmaker A.J. Bond

but also no one else can cut us down to size so quickly and efficiently."

And though *Stress Position* is not a horror film by definition, it is a film of many horrors and no matter your take on its subject, Bond should be lauded for breaking and defying conventions.

"I'm a genre fan, certainly," he insists.

"But I think some of the most interesting filmmakers are cleverly combining different genres' techniques to create new and unexpected hybrids. The big films that were on my mind as I approached filming included *A Clockwork Orange*, *Persona*, *Requiem for a Dream* and *Funny Games*, all difficult films to categorize to some extent, and each with degrees of horror and cult appeal. I think genre labels are useful when you want to toy with the structure of them, but sometimes it's exciting to freewheel in uncharted territory."

Ratings and synopses courtesy of Rotten Tomatoes. For more movie reviews, trailers and news go to RottenTomatoes.com. Ratings: Certified Fresh: 🍅 Fresh: 🍅 Rotten: 🍌 Audience response: 🍌 Audience anticipation for the film: +

Documentary



Bears

Director. Keith Scholey, Alastair Fothergill

Stars. John C. Reilly

In an epic story of breathtaking scale, DisneyNature's new True Life Adventure Bears showcases a year in the life of a bear family as two impressionable young cubs are taught life's most important lessons. Set against a majestic Alaskan backdrop teeming with life, their journey begins as winter comes to an end and the bears emerge from hibernation to face the bitter cold.

Rotten Tomatoes™ score
Critics: Audience:
No reviews yet + 89%

Comedy



The Trailer Park Boys: Don't Legalize It

Director. Mike Clattenburg

Stars. John Paul Tremblay, Mike Smith, Robb Wells

The Trailer Park Boys are back. But these are tough times for Ricky, Julian, and Bubbles, and for everyone in Sunnyvale Trailer Park.

Rotten Tomatoes™ score
Critics: Audience:
No reviews yet +

Documentary



Tim's Vermeer

Director. Teller

Stars. Tim Jenison, David Hockney

Tim Jenison, a Texas based inventor, (Video Toaster, LightWave, TriCaster) attempts to solve one of the greatest mysteries in all art: How did 17th century Dutch master Johannes Vermeer (Girl with a Pearl Earring) manage to paint so photo-realistically — 150 years before the invention of photography? The epic research project Jenison embarks on to test his theory is as extraordinary as what he discovers.

Rotten Tomatoes™ score
Critics: Audience:
🍅 91% 🍌 84%

Sci-Fi Thriller



Transcendence

Director. Wally Pfister

Stars. Johnny Depp

Dr. Will Caster (Johnny Depp) is the foremost researcher in the field of Artificial Intelligence, working to create a sentient machine that combines the collective intelligence of everything ever known with the full range of human emotions. His highly controversial experiments have made him famous, but they have also made him the prime target of anti-tech-technology extremists who will do whatever it takes to stop him.

Rotten Tomatoes™ score
Critics: Audience:
No reviews yet + 98%

Drama



The Face of Love

Director. Arie Posen

Stars. Annette Bening, Ed Harris

The Face of Love is the story of a widow named Nikki (Annette Bening) who, several years after the loss of her husband Garrett, meets a man named Tom (Ed Harris) who looks exactly like her deceased husband. Suddenly, a flood of old feelings rush back to her: she's met the love of her life. Again. The film is a romantic story filled with humour, surprise, and reflections on the mystery of love surrounding us.

Rotten Tomatoes™ score
Critics: Audience:
🍌 43% 🍌 53%

Comedy



A Haunted House 2

Director. Marlon Wayans

Stars. Marlon Wayans

Crossing new lines and breaking old barriers, A Haunted House 2 is the sequel to the hilarious box-office hit starring Marlon Wayans as Malcolm who, after exorcising the demons of his ex, is starting fresh with his new girlfriend and her two children. After moving into their dream home, Malcolm is once again plagued by bizarre paranormal events.

Rotten Tomatoes™ score
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THESE PAGES COVER MOVIE START TIMES FROM FRI., APR. 18 TO THURS., APR. 24. TIMES ARE SUBJECT TO CHANGE.

Mustang Drive-In -London
2551 Wilton Grove Rd.

Captain America: The Winter Soldier (PG) Fri-Sun 10:30 Tue 10:30
Muppets Most Wanted (G) Fri-Sun 8:35 Tue 8:35
Need for Speed (PG) Fri-Sun 12:50
No Films Showing Today (STC) Mon Wed-Thu
Noah (14A) Fri-Sun 8:30 Tue 8:30
Non-Stop (PG) Fri-Sun 11:40
Oculus (14A) Fri-Sun 10:50 Tue 10:50

Hyland Cinema
240 Wharnclyffe Road South

12 Years a Slave (14A) Fri 8:40 Sat 6:45 Sun 2:40 Mon 9 Tue 6:45 Wed 1 Thu 6:45
Bettie Page Reveals All (14A) Fri 5 Sat 2:45 Sun 7:05 Mon 5 Tue 2:45 Wed 5:25 Thu 9:10
Blue Jasmine (14A) Fri 3 Sat 4:45 Sun 9 Mon 7 Tue 12:45 Wed 9:05 Thu 4:45
Live and Let Die (14A) Fri 11
The Lunchbox (PG) Fri 1 Sat 9:10 Sun 5:05 Mon 1 Tue 4:45 Wed 3:25 Thu 2:45
Tim's Vermeer (PG) Fri 7 Sat-Sun 1 Mon 3 Tue 9:10 Wed 7:25 Thu 1

Rainbow Cinemas London**355 Wellington St.**

Bears (G) Fri-Thu 1:05-3:50-8:50
Captain America: The Winter Soldier (PG) Fri-Thu 1:35-7:45
Draft Day (PG) Fri-Thu 1:10-3:40-7:10-9:30
Heaven Is for Real (PG) Fri-Thu 12:50-3:20-7:05-9:25
Oculus (14A) Fri-Thu 1:15-3:35-7:15-9:35
Rio 2 (G) No Passes Fri-Thu 1:35-2:55-6:45-9



Denis Leary, Frank Langella and Kevin Costner star in Draft Day. CONTRIBUTED

Transcendence (PG) No Passes Fri-Thu 12:55-3:30-6:55-9:40

Western Film
Room 340, UCC Building,
Argo (14A) Fri-Thu 9:50

300: Rise of an Empire (18A) Fri-Thu 9:05
The LEGO Movie (G) Fri 7 Sat-Sun 2:15-4:30-7 Mon-Thu 7

Wellington 8 Cinemas
983 Wellington Rd. S.

Captain America: The Winter Soldier (PG) Fri-Mon 3:40
Captain America: The Winter Soldier 3D (PG) Fri-Mon 12:40-6:45-9:40 Tue-Thu 6:45-9:40
Divergent (PG) Fri-Wed 6:40-9:45 Thu 6:40
Draft Day (PG) Fri-Mon 1:10-4:10-7:15-

9:55 Tue-Thu 7:15-9:55
Muppets Most Wanted (G) Fri-Mon 12:45-3:35
Noah (14A) Fri-Mon 12:30-3:30-6:30-9:30 Tue-Thu 6:30-9:30
Oculus (14A) Fri-Mon 12:50-3:35-7:20-10 Tue-Thu 7:20-10
The Other Woman (STC) Thu 9:45
Rio 2 (G) Fri-Mon 4
Rio 2 3D (G) Fri-Mon 1:6:50-9:20 Tue-Thu 6:50-9:20
Trailer Park Boys: Don't Legalize It (14A) Fri-Mon 1:15-4:15-7:10-9:35 Tue-Thu 7:10-9:35
Transcendence (PG) Fri-Mon 12:50-3:50-7-9:50 Tue-Thu 7-9:50

Cineplex Odeon Westmount & VIP Cinemas
755 Wonderland Road South

Captain America: The Winter Soldier (PG) Fri-Mon 12:40

Captain America: The Winter Soldier 3D (PG) Fri-Sun 3:50-7-10:10 Mon 3:50-7-10:05 Tue 3:40-6:50-10 Wed-Thu 6:35-9:40 Fri-Sun 12:55-4:10-7:10-10:25 Mon 12:55-4:10-7:10-10:20 Tue 4:10-7:10-10:20 Wed-Thu 8:30
Divergent (PG) Fri-Sat 12:20-3:30-6:45-9:55 Sun 3:30-6:45-9:55 Mon 12:20-3:30-6:45-9:55 Tue 3:30-6:40-9:55 Wed 9:20 Thu 6:45-9:50
God's Not Dead (PG) Fri-Sat 12-2:35-5:15-7:55-10:35 Sun-Mon 1:20-4:20-7:20-10:05 Tue 4:55-7:40-10:25 Wed 1:25-7:20-10 Thu 7:20-10
The Grand Budapest Hotel (14A) Fri-Tue 9:15 Wed-Thu 9:10 Star & Strollers Screening Wed 1
Heaven Is for Real (PG) No Passes
Fri-Sat 12:10-2:40-5:10-7:40-10:10 No Passes Sun-Mon 12:15-2:40-5:10-7:40-10:10 No Passes Tue 4:30-7:10-9:45 No Passes Wed 6:45-9:50 No Passes Thu 7:25-9:50 Star & Strollers Screening, No Passes Wed 1
It Happened One Night (STC) Sun 12:55 Wed 7
Noah (14A) Fri-Sun 12:50-4:7-10:10-10:20 Mon 12:50-4-7-10-10:15 Tue 3:50-7-10:10 Wed 1:15-6:50-9:55 Thu 6:50-9:55 Rio 2 (G) No Passes Fri-Mon 1:34-6:30 No Passes Tue 4-6:30 No Passes Wed 1:20-6:30 No Passes Thu 6:30
Rio 2 3D (G) No Passes Fri-Sat 12-2:30-5:05-7:45-10:25 No Passes Sun-Mon 12:15-2:45-5:15-7:50-10:25 No Passes Tue 4:50-7:20-9:50 No Passes Wed-Thu 7-9:30
Trailer Park Boys: Don't Legalize It (14A) Fri-Mon 1:20-4:40-7:40-10 Tue 4:40-7:40-10 Wed-Thu 7:30
Transcendence (PG) No Passes Fri-Mon 1:45-4:40-7:30-10:20 No Passes Tue 4:40-7:30-10:20 No Passes Wed-Thu 7:10-9:55

No Passes Fri-Mon 1:50-3:40-6:40-9:30
No Passes Tue 3:45-6:40-9:30 No Passes
Wed-Thu 8

SilverCity London
1680 Richmond St

Bad Words (14A) Fri 10:30 Sat 10:05 Sun 10:20 Mon 10:05 Tue-Wed 10:30
Bears (G) No Passes Fri-Tue 12-2:05-4:10-6:15-8:20-10:25 No Passes Wed 12-2:05-4:10-8:25-10:25 No Passes Thu 1:35-3:40-5:45-7:50-9:55
Captain America: The Winter Soldier (PG) Fri 12:10-6:45-9:45 Sat 11:50-6:55-9:45 Sun-Tue 12:10-6:45-9:45 Wed 12:10-6:45 Thu 1:05-9:45
Captain America: The Winter Soldier 3D (PG) Fri 3:15-7-9:55 Sat 3:05-7:20-10:15 Sun-Tue 3:15-7-10 Wed 3:15-7-9:55 Thu 4-7-9:55
Divergent (PG) Fri-Tue 12:15-3:40-6:50-9:55 Wed 12:15-3:40-9:45 Thu 1:35-6:50-9:55
Draft Day (PG) Fri 2:10-4:35-7:10-9:50 Sat 1:40-4:25-7:10-9:50 Sun-Mon 1:50-4:15-6:50-9:30 Tue 2:10-4:35-7:10-9:50 Wed 2:20-4:45-7:20-9:50 Thu 2:10-4:35-7:10-9:50
The Grand Budapest Hotel (14A) Fri 12:30-2:50-5:15-7:40-10:05 Sat 12:05-2:40-5:15-7:45-10:15 Sun 12:30-2:50-5:15-7:40-10:05 Tue 12:30-2:50-5:15-7:40-10:05 Wed 4:7-15-9:40 Thu 12:45-3:05-5:30-7:55-10:20 Star & Strollers Screening Wed 1
Hop (G) Sat 11
Muppets Most Wanted (G) Fri 1:05-3:45 Sat 11-1:30-4:05 Sun-Wed 1:05-3:45 Thu 12:50-3:25
National Theatre Live: War Horse - Encore (STC) Sat 12:30

Noah (14A) Fri 12:45-3:55-6:55-10 Sat 4:05-7:05-10:10 Sun 12:45-3:55-6:55-10 Mon 12:45-3:55-6:55-9:25 Tue 12:45-3:55-6:55-10 Wed 12:45-3:55-6:55-9:35 Thu 1:30-4:25-10
Oculus (14A) Fri 12:15-3:55-7:50-10:20 Sat 11:40-3:55-7:50-10:20 Sun-Mon 12:10-2:55-5:25-7:55-10:25 Tue 12:15-3:55-7:50-10:20 Wed 12:15-3:55-8-10:20 Thu 2:20-5:20-7:50-10:20
The Other Woman (STC) No Passes Thu 10:30
The Princess Bride (STC) Mon 7:30 Thu 7:30
Rio 2 (G) No Passes Fri 12:30-3-5:30-8 No Passes Sat 11:05-1:35-4:20-7:40 No Passes Sun 12:30-3-5:30-8 No Passes Mon 12:05-2:35-5:05-7:45 No Passes Tue-Wed 12:30-3-5:30-8 No Passes Thu 1:50-4:40-7:30
Rio 2 3D (G) No Passes Fri 12:05-2:40-5:15-7:45-10:15 No Passes Sat 11:45-2:30-5:05-7:35-10 No Passes Sun 12:05-2:40-5:15-7:45-10:15 No Passes Mon 12:05-2:40-5:15-7:50-10:15 No Passes Tue-Wed 12:05-2:40-5:15-7:45-10:15 No Passes Thu 1:30-4:15-7:10-10 Trailer Park Boys: Don't Legalize It (14A) Fri 12:55-3:20-5:40-8:10-10:30 Sat 11:25-1:55-4:20-7-9:55 Sun 11:55-2:05-4:20-7:20-9:35 Mon 11:55-2:05-4:20-7:50 Tue 12:55-3:20-5:40-8:10-10:30 Wed 11:55-6:10-6:55-9:55 Thu 12:55-3:20-5:40-8:10-10:30 Star & Strollers Screening Wed 1
Transcendence: The IMAX Experience (PG) No Passes Fri 1-4:10-7:25-10:10 No Passes Sat 11:55-3:25-7:05-10:05 No Passes Sun 1-4:10-7:25-10:10 No Passes Mon 1-4:10-7:10-9:55 No Passes Tue-Wed 1-4:10-7:25-10:10 No Passes Thu 1:10-4:10-7:25-10:10

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Local band WHOOP-Szo's sonic snapshot of life in the far north

Cabin fever. After two years in tiny Inuit town, band releases three albums



BACKSTAGE PASS
Mila Petkovic
london@metronews.ca

They emerged from their two-year period of Arctic isolation in the far northern Inuit town of Salluit, Que. with three albums' worth of material.

The Guelph/London band WHOOP-Szo (main members Kirsten Palm and Adam Sturgeon) is now on tour with the fruits of their labour: albums Qallunaat (meaning stranger in Inuktitut) and Odemin (meaning strawberry in Anishinaabemowin).

Advanced copies of their new vinyl album Niizhwaaswo (meaning seven o'clock in Anishinaabemowin) will be available on Record Store Day at Grooves, where WHOOP-Szo will perform live.

Through Palm's resources at the local high school in Salluit (where she was a teacher) and grants from the Ontario Arts Council and a social services organization called Brighter Futures, she and Sturgeon set up a collaborative music and arts program with the Inuit youth.

Participants were taught silk-screening, sound recording and production techniques. They continue to use their silk-screening skills to make T-shirts and signs for the community in Salluit, which is only accessible by plane.

"We are trying to break down boundaries and make art accessible for people from isolated places. It's important we respected our journey there and that we were welcomed into the community and made to be a part of it," says Sturgeon, who identifies as Anishinaabeg and has a background in aboriginal social work.

The Inuit people, culture and environment deeply impacted their music.

The song called is it day or is it night? peters off into the noise of kids playing outside, and refers to the long-lasting hours of sunlight in the summer in the far north.

"The kids were romping around ... in broad daylight at four in the morning," says Sturgeon, who mentions the conditions on the reserve were better than most he had been to.

"Maybe you don't want to be at home because there is a lot of overcrowding in the house," he says.

cept for mangoes and potatoes. Everybody still hunts — Arctic char, caribou, seal, blue whale,"

the founder of Out of Sound Records says.

See the band perform at 4

p.m. Saturday as Grooves (353 Clarence St.) celebrates Record Store Day.

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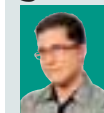
- **Tunes:** Emm Gryner brings her upcoming album, *Torrenial*, to London with a stop at London Music Club (470 Colborne St.) on Saturday. Show starts at 7:30 p.m. Tickets are \$25 at the door.
- **More tunes:** Ladyhawk and Marine Dreams will perform at Call The Office (216 York St.) on Saturday. Doors open at 9 p.m. Tickets are \$12.



Adam Sturgeon of WHOOP-Szo braves the cold in Salluit, Que., where he and bandmate Kirsten Palm recorded three albums' worth of material. Other members include Joe Thorner (Serf Kanata) and Eric Lorenzo (I Smell Blood). CONTRIBUTED

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Kris Abel
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Video game review

Name. Family Guy: The Quest for Stuff

For. iPhone/iPad/Android

Rated. Mature 17+

Taking the formula used by The Simpsons game and directing it toward an adult audience, The Quest for Stuff has you recreating Quahog through simple, tap-directed tasks. Each task has a time delay you'll have to pay to dismiss, so this free game is actually quite expensive. The payoff is in seeing characters recreate crude moments from the show in full animation and audio. Quagmire gets his bird stuck in a bottle while Bonnie twerks a stripper pole. Nothing is off-limits, so watch your kids and your money.

KRIS ABEL





Prince Harry ALL PHOTOS GETTY IMAGES

Not royal material? Harry's friends don't see Cressida being a happy princess

There's been ample speculation that the next royal wedding will be between Prince Harry and girlfriend Cressida Bonas, but some of his friends don't think that's such a hot idea, according to E! News. "There is a growing feeling among a small section of them that Cressida isn't the perfect choice for him," a source says. "I don't think it's because there is anything wrong with their relationship or they don't

like her, but there is concern that she is too much of a free spirit to be happy in the royal family long-term. They worry that she wouldn't be able to fully adapt to that lifestyle. They think she's too carefree and would find it difficult to live by the protocol that comes with the job, which of course it is. It might be too much of a constraint for her. And that could cause problems for everyone."

That '70s baby: Mila and Ashton expecting a girl and couldn't be happier

It looks like it's going to be a girl for Mila Kunis and Ashton Kutcher, according to Us Weekly. Several sources confirm in the magazine that the pregnant Kunis is expecting a daughter. It will be the first child for the soon-to-be-married couple, though Kutcher was previously stepfather to Demi Moore's three daughters. "Mila absolutely loves being pregnant," one source says, while another adds that the equally ecstatic Kutcher "is dot-



Mila Kunis

ing on Mila." No word yet on a due date or a wedding date.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Looks like someone skipped their love vaccine

MELINDA TAUB

Metro World News

If Donnie Wahlberg wants to get vaccinated against anything, he should do it soon: He and Jenny McCarthy are engaged.

McCarthy got choked up Wednesday morning on The View as she announced her engagement to 44-year-old actor Wahlberg, and her cohost Barbara Walters offered her apartment as a wedding venue. McCarthy

and Wahlberg have been a couple since July 2013. They met on the set of McCarthy's now-defunct talk show.

McCarthy had hinted to her Twitter followers earlier in the day that she had some big news in the pipeline.

This will be the second marriage for both bride and groom. McCarthy was married to John Mallory Asher from 1999 to 2005. They have an 11-year-old son, Evan. She also dated actor Jim Carrey from 2005 to 2010. Wahlberg was married to Kim Fey from 1999 to 2008. They have two sons, Xavier and Elijah.

No word on where the bride and groom are registered, but I'm planning to send them an elegant bouquet of vaccines.



Elizabeth Olsen

Avengers: Age of Secrecy? Olsen 'terrified' to spill any info about movie

Elizabeth Olsen admits she was more than a little intimidated about joining the returning superheroes of next year's Avengers: Age of Ultron, but being the new kid on a super-team isn't nearly as daunting as maintaining the level of secrecy a Marvel film requires. "Any time they give us a call sheet or any time there's a new draft, they have to shred our old papers. I don't think I'm allowed to say anything.

And I'm too terrified," she tells Flaunt magazine. "I really just feel like I'm doing something that's top secret and somehow has a lot more importance than anything else I've been around, so that alone is hilarious. I want to take a photo and send to my friends — not that I want to tweet or Instagram it, just for personal reasons — and I feel like I'm going to get in trouble if I take a photo on set."

Twitter



@aaroncarter

The Forrest Gump soundtrack is the epitome of my life.



@kirstiealley

It's hard to be funny these days...many take things literally ... and social media trolls think they are literate.



@iamwandasykes

My in-laws are staying with us. Fondue for dinner...I feel like I just ate four grilled cheese sandwiches.



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SHOPPERS DRUG MART



A runway that's run their way

The Anti-Agency is the modelling agency that won't get in line and conform.

The founders explain why their company favours an attitude and a backstory over a conventional cut 'n' paste face

"I have no problem with models getting their tits out but I do have a problem when there's an extreme disparity between how men and women are presented," asserts Anti-Agency model Amy Blakemore. The shaven-headed, award-winning poet adds, "Implied submissive is the only thing that I would refuse to do for a client — it's a feminist principle thing." She chuckles.

It's not an opinion that's often vocalized amongst the fashion industry, let alone its silent model subjects. "We don't hire people who want to be models," says Anti-Agency co-founder Pandora Lennard. Lennard and her business partner Lucy Greene, who are officially launching the London-based agency this month, put no pressure on any of their ineffably beautiful, tattooed and pierced model misfits to conform to



Mimi Wade / ANTI-AGENCY



Amy Blakemore / ANTI-AGENCY

any industry standard statistics. They're in control of their appearance from body hair to BMI, as well as the jobs that they take on.

The fashion world has never truly been a great advocate of free speech or choice amongst its models. So are the 24-year-old founders not concerned that outspoken individuals could potentially be bad for business? "Brands like some-

one who authentically represents their identity," argues Greene. "They know they're not going to get some quiet model; they're bolshie but well-behaved."

It's an attitude that fits well with clients such as Dr. Martens, Vivienne Westwood and ASOS. "If you're being booked through the Anti-Agency, both the model and the brand know what to expect," says musician, model and barman Chris Tanner. Makeup artist and model Portia Williams agrees, "They take you on for who you are and not just the way you look."

The fashion stylists' counter-intuitive business model suits a generation of 20-somethings who can't be defined by a single job title — it's the rise of the model / DJ / any other artsy career.

"Our models are aspirational and people want to get to know them beyond just an image," says Lennard. They're part of a new wave of 'personality girls' like "[rainbow-haired] Chloe Norgaard, Cara Delevingne and Kendall Jenner."

Indeed, social media self-promotion has the public tuning in to the private lives of models in a previously unprecedented way. "It's about them as individuals," says Greene. It's the reason in the celebrity sphere that we expect the impromptu Instagram image of Delevingne's tongue or Miley Cyrus'



The new model beauty: Portia Williams / ANTI-AGENCY

bum. The talent agents use social media themselves to scout for future faces. "You can see into their lives through Facebook and Instagram," explains Greene. "It's Facebook stalking. We've had 2 a.m. phone calls like, 'Have you seen this girl?'," admits Lennard.

And for the duo — who first saw the business as an

opportunity to help out their cash-starved creative friends — it's time to take advantage of fashion's current craze for kookiness and expand their 50-strong roster to the global market. And who knows, the Anti-Agency's new model army might just make conventional beauty seem oh so last season.

METRO WORLD NEWS IN LONDON

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STEAL THE SHOW

WITH FANTASTIC WHITE TEETH



SHUTTERSTOCK

If you have ever watched makeover shows on TV, you know that no matter what the experts do to hair, makeup and wardrobe, when the big reveal occurs and the guest steps out onto the stage, the person's teeth are always straighter, polished, and noticeably whiter.

Everyone steps into the limelight regularly in some way and having a beautiful whiter smile will steal the show every time.

Whitening teeth is one of the easiest and most impactful cosmetic changes you

can make today, and it's no longer just a Hollywood thing. In fact, research has shown that most people would prefer to have whiter teeth. And they can. Whitening teeth is both affordable and easy to do for everyone.

So why do pearly whites dull down and lose some of their bright, white lustre?

With some people, it's genetics. They are born with teeth that are just more yellow than white.

Other people notice that, over time,

their teeth discolour, which can happen as a natural part of aging.

Certain lifestyle habits accelerate discolouring. Smoking is very hard on teeth (and your body) and leaves yellowish nicotine stains.

Drinking dark liquids can affect the shade of teeth, too — think coffee, tea, and red wine — and even pigmented foods such as cherries, blueberries and beets can leave stains. Some experts suggest putting milk or cream into coffee and

tea so they aren't so dark. But you have to be realistic, too. If you enjoy these drinks and foods, just be sure to brush your teeth after ingesting them.

Certain medications, as well as plaque and tartar, can affect the colour of your teeth, and that's why it's important to have your teeth cleaned regularly and to practise good dental hygiene.

Whitening your teeth will help remove stains and brighten your smile.

But whiter teeth can affect your psyche, too. Research has shown that the condition of your teeth and smile has a lot to do with the way you feel about yourself. While whitening teeth is a cosmetic improvement, the changes a person can experience as a result can be quite momentous.

People who have whitened their teeth say they no longer hide their smiles or cover their teeth when they are laughing or talking. They feel better about themselves overall and are more confident.

In effect, whitening your teeth is like wearing a new outfit or getting a fabulous new haircut. It simply makes you feel fantastic. That's a star quality that everyone deserves.



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Taking care of your teeth by practising good oral hygiene and whitening teeth sends all kinds of messages to the people you interact with every day.

The messages are all good.

• "I feel good about myself." Teeth whitening helps improve your appearance and that makes you feel good. Of course, good, positive feelings

are hard to hide.

• "Nothing can stop me now." When you feel good, self-confidence soars — whiten your teeth, you will see.

• "Do you think I'm sexy?" Someone who has nice looking white teeth rather than stained teeth has more sex appeal — and it shows.

• "Happiness is a huge part

of me." When people have a bright smile they tend to smile more often. And smiling is infectious.

• "Whitening teeth is a great anti-aging technique." A whiter smile tends to overshadow facial wrinkles, etc., and that creates a more youthful and energetic appearance.

• "So nice to meet you." A smiling face is so much more friendly and

approachable than one that is scowling.

• "Taking care of my body and mind is important to me." Whiter teeth are associated with beauty and a healthier lifestyle.

• "Oral hygiene is important to me, too." Whiter healthy teeth make an instant impression with people you know and meet. It's evident that you take care of your teeth — and yourself — and that's fantastic.



SHOW OFF YOUR PEARLY WHITES

Here are some top occasions where a beautiful white smile is on your side.

1 BIG PRESENTATIONS: People really do study you from head to toe when you are public speaking. Prepare by being the

best you can be, including whiter teeth.

2 PHOTOGRAPHS: It's OK to want to look your best in photographs. These are lasting memories and whiter teeth make a difference.

3 MEETING NEW PEOPLE: You have mere seconds to make a first impression — a brilliant smile helps to make a good one.

4 GETTING MARRIED: Your wedding day should be perfect, right down to the radiant smile.

5 JOB INTERVIEW: Many people believe that during a job hunt an unattractive

smile will hurt their chances for landing a job.

6 FIRST DATE: Most people believe an attractive smile makes a person more appealing as a partner.

7 CLASS REUNION: It's only been 20 years, but your teeth and smile are as bright and white as ever.

I WANT A **WHITER** SMILE FOR ALL MY SPOTLIGHT MOMENTS

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Dress ham up in its Easter best

Glazed Sweet Potato Ham. While Thanksgiving is the traditional meat-stuffing time of the year, it doesn't have to be the only one

Thanksgiving, we stuff turkeys. Easter we stuff ... Hams!

It's not as crazy as it sounds. And it's much easier than you think.

The result? A delicious and beautiful baked ham stuffed with layer upon layer of sweet potato slices.

The trick is to use a spiral-cut ham. All those slices are the perfect place to insert a bit of flavour and colour to your ham. Simply start at one slice, use your fingers to gently peel apart the layers, then insert thin slices of sweet potato.

And if sweet potatoes aren't your thing, the same approach would work with butternut squash or Yukon Gold potatoes. Just be certain to slice the vegetables as thinly as possible. A mandoline is your best bet.

1. Heat the oven to 350 F.
2. Using a mandoline,

Nutritional information

Per serving

- 400 calories; 200 calories from fat (50 per cent of total calories); 23 g fat (17 g saturated; 0 g trans fat); 110 mg cholesterol; 19 g carbohydrates; 1 g fibre; 110 g sugar; 31 g protein; 1860 mg sodium

**ACTIVE
TIME**
20 MINUTES

This recipe serves 16. MATTHEW MEAD/ THE ASSOCIATED PRESS

slice the two large sweet potatoes very thinly. Place the spiral-cut ham, cut side down, in a roasting pan.

3. Carefully separating the layers of the spiral-cut ham, insert slices of sweet

potato into each layer. Repeat this until every layer of the ham has been filled.

4. In a small bowl, stir together the apricot preserves and the black pepper, then spread the mixture all over the surface of

the spiral-cut ham, ensuring it is evenly covered.


5. Bake hs, for about 2 to 3 hours, or until the ham is heated to 160 F at the centre and the potatoes are tender. Allow the finished ham to rest for 15

minutes before slicing. THE ASSOCIATED PRESS

Ingredients


- 2 large sweet potatoes, peeled
- 7- to 9-pound spiral-cut ham
- 10-oz jar apricot preserves
- 1 tsp ground black pepper






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A ladybug is a gardener's pest friend

Mini-predators.

Protect your garden the natural way with a tiny army of insect-eating bugs

Gardeners worried about the safety of synthetic pest-control products sometimes turn to botanically derived compounds instead. But many of those also contain toxic ingredients such as nicotine, rotenone and pyrethrins.

"Botanically derived pesticides are not always safe and some are more hazardous than synthetics," said Linda Chalker-Scott, an extension horticulturist at Washington State University's Puyallup Research Center. "Any improperly used pesticide will contaminate nearby terrestrial and aquatic systems."

And don't use home remedies, she said, which could be "illegal and possibly fatal to many good things in your garden."

Instead, consider the benign-neglect school of pest-control — a mix of prevention (such as maintaining healthy soil) and natural controls (such as insect-eating insects).

"I don't add fertilizers. I don't use pesticides. I use a wood chip mulch, which provides habitat for beneficial insects like predacious ground beetles that may eat slugs and slug eggs," Chalker-Scott said in an email.

Ninety-nine per cent of the insects in our yards are benign or even beneficial, writes Jessica Walliser in her new *Attracting Beneficial Bugs to Your Garden: A Natural Approach to Pest Control* (Timber Press). She recommends introducing insects that eat other insects.

"A single ladybug — probably the most illustrious beneficial predatory insect — can consume up to 5,000 aphids during its lifetime," Walliser says, adding that there are thousands of other insect species capable of do-

How to go bug wild

Where to find beneficial insects? Aside from luring wild singles into your yard with the necessary food, water and shelter, you can simply buy several hundred for release from containers at garden centres or on the Internet.

- "Be sure you have everything they need to survive, then look at the types of pests you have in the garden," says author Jessica Walliser.

ing the same thing.

To keep these predatory insects around, however, you have to offer a diverse and pesticide-free garden with plenty of plant-based foods.

"Just like people, most species of beneficial insects need a balance of carbohydrates (found in nectar) and protein (found in their prey) in order to survive," Walliser said.

Provide plants that produce flowers with shallow, exposed nectaries, she said. "Many beneficial insects are very small and don't have specialized mouthparts for accessing nectar from tubular flowers. Members of the carrot family and the aster family are great places to start."

Prevention, though, is probably the best way to keep problem insects away, said Christy Wilhelmi, a garden



Many gardeners use pesticides — organic or otherwise — only as a last resort. They opt instead for such predatory insects as ladybugs, like the one shown above, which can be bought commercially and released from containers into the garden. DEAN FOSDICK/THE ASSOCIATED PRESS

designer from Los Angeles and author of *Gardening for Geeks* (Adams Media, 2013).

"If you have healthy soils, you won't have as many pests and you won't need to use pesticides," she said. "Avoid (plant) stresses. Have soil with a lot of organic matter in it. Check your garden every day and you won't need pest control." THE ASSOCIATED PRESS



The owner of this hobby greenhouse, in Langley, Wash., provided plants producing flowers with shallow-based nectaries that attract small beneficial insects. You can introduce predatory insects into your greenhouse but they won't stick around long unless they're surrounded by a diverse and pesticide-free environment with plant-based foods. DEAN FOSDICK/THE ASSOCIATED PRESS

Aphid-eating machine

"A single ladybug — probably the most illustrious beneficial predatory insect — can consume up to 5,000 aphids during its lifetime."

Jessica Walliser, author of *Attracting Beneficial Bugs to Your Garden: A Natural Approach to Pest Control*

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BUILDER'S REPUTATION IMPORTANT

Buying a newly built home from a builder is different than purchasing a resale home. Your attention should be placed not only on the home itself, but also on the reputation of the builder.

All builders in Ontario must be registered with Tarion Warranty Corporation and all new homes in Ontario come with a warranty that lasts seven years from the date of the first possession. That warranty is guaranteed by Tarion. The warranty ensures homeowners receive homes that are constructed in a workmanlike manner, free from defects and constructed in accordance with the Ontario Building Code. There are many reputable builders in Ontario that will freely offer this information to any potential purchaser. A buyer should be suspicious of a builder who does not want to discuss the mandatory new home warranty.

The first step in your research should be to find out whether your builder is regis-



SHUTTERSTOCK

tered. This can be done by visiting tarion.com and clicking on "Ontario Builder Directory." Every registered builder in Ontario is listed in this database. It shows a 10-year history that includes chargeable conciliations and the number and amounts of certain claims paid by Tarion.

A chargeable conciliation occurs if a builder and a homeowner disagree about whether an item is covered under the Ontario new home warranty program and, after an inspection by Tarion, the item is found to have been covered under the war-

ranty. Claims refer to situations where the builder did not resolve a homeowner claim and Tarion stepped in to work directly with the homeowner, either by making repairs or providing a cash settlement. You may want to consider these numbers in comparison to the number of homes the builder has built over the years. This number is listed in the database as "number of possessions."

The directory also shows: a breakdown of the types of homes built over a 10-year span into freehold homes and condominium units; and lists the names of officers

and directors for each company, providing links to companies that share the same officers and directors.

Once you've confirmed that your builder is registered, the next step is to ask around. You may want to go to neighbourhoods where this builder has built homes and inquire about homeowners' experiences. You can also ask for references. Speaking to other homeowners will give you a good indication of whether the builder stands behind his/her construction and is attentive to customers.

— News Canada

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KNOW YOUR RIGHTS

Our cities are going up vertically, and that means more and more people are enjoying high-rise living. Here are some tips to make your purchase a smooth one:

1 PATIENCE IS IMPORTANT It could be two or three years between the date you sign your purchase agreement and the date you take occupancy of your unit. If construction runs over schedule, it could be even longer.

2 KNOW YOUR RIGHTS WHEN IT COMES TO DELAYED CLOSINGS Builders are entitled to extend the occupancy date specified in a purchase agreement as long as they provide proper notice. (When proper notice is not given, buyers are eligible for delayed occupancy compensation.)

3 HIRE A LAWYER A condominium lawyer will help you interpret your purchase agreement. It's to your benefit to understand both your own and your builder's responsibilities. For example, the Condominium Act entitles you to a 10-day "cooling off" period that begins on the day you receive the purchase agreement or a document called the disclosure statement, whichever comes later.

During this time, your lawyer can negotiate changes to the offer, like capping adjustments to the purchase price.

4 UNDERSTAND DEPOSIT PROTECTION If a builder fails to close the sale or substantially complete construction, deposits are protected up to a maximum of \$20,000 with any excess deposit amounts being protected by the trust provisions of the Condominium Act.

5 BE PREPARED TO MOVE INTO A CONSTRUCTION ZONE Condo projects are different from single family homes in that the purchase is usually completed in two steps. Step one is interim occupancy. Many buyers find out the hard way they're required to take possession of their completed unit (and pay the balance of the down payment, which generally amounts to 25 per cent of the purchase price) before common element features like front reception, landscaping and the swimming pool are finished. This means you could live for many months without the anticipated amenities, particularly if the unit sits on a lower floor.

— News Canada



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Alexandra Heilbron, Tribute.ca



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Narrated by John C. Reilly

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DisneyNature has committed to helping bears in Canada through the Disney Worldwide Conservation Fund in your honour.



FLICKR/CHIOT'S RUN

IT'S A MATTER OF MAKING A SHIFT

SET A GOAL TO TRY TO TREAT THE EARTH PROPERLY

Every year, Earth Day Canada organizes a campaign for the month of April to help educate and engage people of all ages and backgrounds to lower their environmental footprint. With Earth Day approaching on Tuesday, the Make It Count campaign is focusing on four action categories — eat, grow, transform, and share.

Canadians have been encouraged to set a goal for the number of actions they want to complete in each category throughout the month and count them using an online printable calendar. Then they are invited to share the results using the #MIC4ED hashtag to compare totals with friends, classmates, colleagues and people in other parts of the country.

Earth Day Canada president Deb Doncaster believes it's important to integrate Earth Day practices into regular activities; it's something she strives to do herself.

"Every day, I ride a bike to work and walk my son to school," she says. "I don't own a car, I'm a member of a

local food co-op and I grow vegetables in my backyard."

Making seasonal, sustainable food choices is part of Make It Count's mission. Where we buy our food, what we eat and how we handle food waste can have a huge impact on the environment, economy and society.

Plants help purify and regulate the water cycle, store large amounts of carbon dioxide and are found at the base of the food chain. Tending to indoor or outdoor plants, herbs or vegetables is an easy place to start making a difference.

Transforming and repairing broken or old items, which is called "up-cycling" or "repurposing," can save tonnes of waste from landfills. And one of the best ways to learn how to treat the planet properly is by sharing your knowledge with others, whether you do so by posting information on social media or writing a letter to a politician.

"Each Canadian has a responsibility to do what they can to lessen their impact on the Earth," Doncaster says.

"But integrating this into your daily activities has many great personal benefits, too, such as reducing stress and leading a healthier lifestyle. It's just a matter of making that shift."

— Jane Doucet



CONTRIBUTED

HOMETOWN HEROES

In February 2011, Lyda Salatian founded the Lower Mainland Green Team, a group of volunteers who help Metro Vancouver parks, municipalities, non-profits and other organizations tackle environmental issues through teamwork and co-operation.

The Green Team combines Salatian's passion for the environment and her organizational skills. Volunteers have planted native plants and trees, such as Douglas fir, Western red cedar and Sitka spruce, picked up litter, removed invasive plants, such as English ivy, Scotch broom and periwinkle, and prepared and harvested vegetable beds, among other initiatives.

Earth Day Canada chose the Lower Mainland Green Team as the recipient of its 2013 Hometown Heroes Group Award, which recognizes a Canadian group that demonstrates outstanding environmental leadership, commitment and achievements in local communities.

"The Hometown Heroes Award sends a message that the work of our volunteers is very much valued and respected," says Salatian, the Lower Mainland Green Team's director.

Salatian has been so inspired by her volunteers that in the past year she founded a charitable organization called Green Teams of Canada, through which she plans to start other green teams in British Columbia and across Canada. This summer she will be riding her bike from Victoria, B.C., to St. John's, N.L., to raise funds and awareness about Green Teams of Canada.

In the meantime, Salatian and her volunteers are basking in the glow of the Hometown Heroes Group Award

POURING PINTS FOR THE PLANET

In 2011, Mill Street Brewery, which has two locations in Toronto and one in Ottawa, forged a formal relationship with Earth Day Canada. Prior to the partnership, Mill Street Brewery had developed a reputation as an environmental leader in the craft brewing industry.

"The partnership with Earth Day Canada stems from my personal beliefs about environmentalism," says Mill Street Brewery co-founder Steve Abrams. "I try to walk the talk with my family and as a consumer myself."

In just three years, the brewery has donated more than \$250,000 to Earth Day Canada, in part through its Pint for the Planet and Lights Out campaigns. — Jane Doucet

win, which she feels her team shares symbolically with all of the hard-working environmental stewardship and watershed groups across the country.

Salatian has already invested the \$10,000 Hometown Heroes Group Award cash prize — made possible by program sponsors Mill Street Brewery and RBC — in a worthy initiative.

"Our Green Team put the money toward running more activities to engage youth and at-risk youth. It's so important to instill an environmental ethic in younger generations."

— Jane Doucet

"Breathtaking!"

Alexandra Heilbron, Tribute.ca

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Recycle with style at Value Village

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DID YOU KNOW?

Shopping thrift is a great way to snag fashionable clothing and one-of-a-kind accessories, collectables, books and household items for a bargain. Value Village purchases its merchandise from more than 60 nonprofit offices across Canada, which allows each store to stock nearly 100,000 items on its sales floor each and every day! So the selection is ever-changing and always fresh!

Shopping and donating at Value Village provides a great way for customers to reduce, reuse and recycle!

There are many ways consumers can make small changes in their daily habits in order to have a positive impact on the environment, from switching to energy-efficient light bulbs and eco-friendly cleaning products to carrying reusable shopping bags. What many don't realize is that one of the easiest ways to "go green" is by shopping thrift. When you shop at Value Village stores and donate reusable items to its nonprofit partners, you're keeping goods out of landfills and giving pre-loved treasures a brand new life.

"We know that families across Canada are clearing out their clutter and getting organized with spring cleaning," said Tony Shumpert, Vice President of Recycling Operations for Value Village. "By donating these items, instead of simply throwing them away, you can give back to your community and save quality goods from polluting the Earth. In fact, Value Village operates one of the largest recycling programs in the world, saving more than 600 million pounds of goods from landfills last year alone."

So how does it work? Every Value Village location partners with a charitable organization in its community, including Canadian Diabetes Association and Ontario Federation for Cerebral Palsy. All year round, each store pays its nonprofit partner for every donated item, including clothing, housewares, books and more. Over the past 10 years, Value Village has purchased more than \$1.5 billion of goods from its partners – turning otherwise unused items into sustainable funding that supports the nonprofit's vital community programs and services.

The highest-quality items are priced at a great value and displayed on Value Village's sales floors for purchase, while merchandise not suitable for resale is responsibly recycled.

Residents with clothing or household goods to donate can call participating nonprofits for a home pickup or drop off their items at convenient Community Donation Centres located at every Value Village store.

For more information on Value Village's nonprofit partnerships and recycling efforts, or to find a Community Donation Centre near you, visit valuevillage.com.

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London's Chad Laprise, left, beat Olivier Aubin-Mercier in The Ultimate Fighter final on Wednesday night in Quebec City. NEIL DAVIDSON/THE CANADIAN PRESS

TUF enough: Laprise wins in Quebec City

MMA. London fighter UFC-bound after big victory in reality show finale

Welterweight Chad "The Disciple" Laprise won a split decision over Olivier Aubin-Mercier on Wednesday to become the first Canadian winner of the UFC's Ultimate Fighter reality TV show.

The judges scored it 28-29, 29-28, 30-27 for Laprise, who finished strongly in what was a very close fight.

Laprise (9-0) got on his knees in the middle of the cage after the fight. Aubin-Mercier (5-1), seemingly favouring his right foot, hung on to his cornermen.

The welterweight and middleweight finals of The Ultimate Fighter Nations, which pitted Canada against Australia, were all-Canadian affairs after the Aussies were eliminated earlier.

Toronto's Elias "The Spartan" Theodorou faced Edmonton's Sheldon Westcott in the later middleweight final.

Canadian coach Patrick "The Predator" Cote, who

fought Australian coach Kyle Noke in a welterweight bout later on the Colisée Pepsi card, was runner-up to Travis Lutter on Season 4 of The Ultimate Fighter, which featured veteran fighters looking for a second chance.

Aubin-Mercier stalked Laprise, who looked to counter from the outside, as he waited for the right moment to try a takedown. Laprise stuffed two attempts in the first round but was cut under the left eye as the crowd chanted his opponent's name.

Laprise was finally taken down a minute into the

second round, to the delight of the crowd. But he quickly got back up. Aubin-Mercier kept coming but never got his ground game going.

Laprise denied another takedown to open the third but was bundled down soon after. Again he got back up quickly. Aubin-Mercier connected with kicks as Laprise continued to fight from the counter position.

Laprise finished the fight with a flourish of blows.

Wednesday's card marked the UFC's first visit to Quebec City.

THE CANADIAN PRESS

Football camp

Fantuz, Bulcke pass safety skills onto youths

Hamilton Tiger-Cats Andy Fantuz and Brian Bulcke will be part of a football camp Monday in which safe skills and concussion prevention will be the focus.

Kids 10 to 15 years old are invited to the BMO Centre for the one-day camp, called Brains and Brawn.

Coaches and parents are also welcome to attend and will be offered a free clinic to learn the most up-to-date strategies to keep young players safe. **METRO**

Monte Carlo Masters

Raonic OK on clay

Canada's Milos Raonic opened his clay-court season with a second-round victory over Taiwan's Yen-Hsun Lu at the Monte Carlo Masters on Wednesday.

The No. 8 seed from Thornhill, Ont., rebounded nicely after dropping a first-set tiebreaker in the 6-7 (4), 6-2, 6-1 win.

Raonic, who had a first-round bye, fired 19 aces.

THE CANADIAN PRESS



Mustangs, minor hockey join forces



Players and instructors from the new Greater London Hockey Association Junior Mustangs hockey program. COURTESY OF GRACE CHUNG/MUSTANGS ATHLETICS

The Western Mustangs and the Greater London Hockey Association have announced the formation of the GLHA Junior Mustangs hockey program.

Beginning this fall, the GLHA's 16 competitive teams playing in the seeded (AA/A) level of the Minor Hockey Alliance of Ontario will be known as the Junior Mustangs and will wear Western's traditional purple and white along with a new Junior Mustangs logo.

The 16 Junior Mustangs teams will make up close to 300 of the more than 4,500 players

that play under the GLHA banner each year.

"Working with the GLHA and helping grow minor hockey in London is something that we're passionate about and I know our coaches and players are eager to get on the ice and work with the Junior Mustangs players," Western director of sport and recreation services Therèse Quigley said.

"Not only will our teams wear those familiar purple and white colours all around the province, but they'll have the opportunity to learn from the

Mustangs coaches and players and apply it to their own games," GLHA chair Rob Duncan said.

The Western Mustangs men's and women's hockey coaches and players will help develop the Junior Mustangs program through coaching and skills clinics.

Registration for the Junior Mustangs teams is open with tryouts scheduled to begin May 5.

For details, check GLHA.ca or westernmustangs.ca/junior-mustangs. **METRO**

London's NHL playoff ties

With the Stanley Cup playoffs now underway, here's a look at five teams benefiting from London-area players or Knights alumni

DAVE LANGFORD/METRO

Photos by The Canadian Press, The Associated Press and Getty Images



Anaheim Ducks

The Ducks boast two former Knights. Winger Corey Perry had another outstanding season with an eye-popping 43 goals and 39 assists with a plus-32. Meanwhile, Pat Maroon had only played 15 NHL games before this season after a 90-point year with the Knights in 2007-08. This season, he played 62 games, had 29 points and 101 penalty minutes.

Philadelphia Flyers

Former Knight Steve Mason's comeback season has been helped by goaltending coach Jeff Reese, another ex-Knight. Mason had a 2.07 goals-against average and a .937 save percentage against the Rangers, who the Flyers face in the Thursday opener. The Flyers are also home to Matt Read of Ilderton, Ont., and don't forget ex-Knight forward Zac Rinaldo.

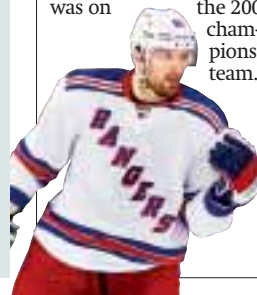


Los Angeles Kings

The dynamic London duo of Jeff Carter and Drew Doughty will be counted on to carry the heavy load against the San Jose Sharks in the first round. Doughty leads the defence-first team with 10 goals, 27 assists and a plus-18. Carter had 27 goals and 23 assists and was second on the team in scoring. Also on defence for the Kings is Jake Muzzin of Woodstock, who had 24 points and was a plus-8.

New York Rangers

Former Knights forward Rick Nash was sixth in Rangers scoring with 26 goals and 13 assists in an injury-shortened 65 games. The Rangers are certainly helped on defence with Dan Girardi, who had 24 points in 81 games. He may be keeping an eye on his former Knights in this year's Memorial Cup. He was on the 2005 championship team.



San Jose Sharks

Superstar Joe Thornton of St. Thomas continues his trek to possible Hall of Fame status but is missing the Stanley Cup ring in his resumé. This year, he was second on the team in scoring 76 points (11 goals, 65 assists) and a plus-20. Second-line centre Logan Couture of London is no slouch either, scoring 21 goals, adding 31 assists and a plus-21.

Extension

Jets sign coach Maurice to four more years

Head coach Paul Maurice has been given a four-year extension to guide the Winnipeg Jets, and he and general manager Kevin Cheveldayoff appear to be of one mind on some of the team's upcoming issues.

One of them is keeping Ondrej Pavelec as the team's starting goaltender.

Cheveldayoff said it was disappointing not to make the playoffs but he didn't suggest he's deviating in any big way from his draft-and-develop philosophy and that includes sticking with his 26-year-old starting netminder.

"Ondrej Pavelec is the No. 1 goaltender going into next season," the general manager insisted.

Maurice guided the team to an 18-12-5 record over 35 games after the firing of Claude Noel.

THE CANADIAN PRESS

YOU COULD

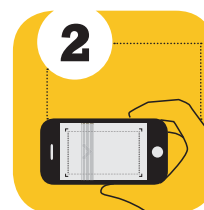
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World championships

Tippett named Team Canada's coach

Dave Tippett will coach Team Canada at the upcoming world hockey championships in Minsk, Belarus, May 9 to 25.

Tippett, who narrowly missed the playoffs with the Phoenix Coyotes, was an assistant in 2009 and 2013.

Peter DeBoer of the New Jersey Devils and Paul Maurice of the Winnipeg Jets will be Tippett's assistants. DeBoer was an assistant at the 2011 tournament.

THE CANADIAN PRESS

CFL

Riders give Durant a multi-year extension

The Saskatchewan Roughriders signed Darian Durant to a multi-year contract extension on Wednesday after he guided the Riders to a Grey Cup title last year, just the fourth in club history.

Durant, 31, has spent his entire eight-year CFL career with the Riders.

The five-foot-11, 214-pound native of Florence, S.C., threw for 4,154 yards and 31 touchdowns last season.

THE CANADIAN PRESS

\$550M

Kohl sells Milwaukee Bucks to finance execs

Bucks owner Herb Kohl has reached a deal to sell the franchise to New York investment firm executives Marc Lasry and Wesley Edens for about \$550 million US.

Kohl announced the deal Wednesday at the BMO Harris Bradley Center hours before the team was to play its final game of a dismal season. The deal is subject to approval by the NBA and its board of governors. THE ASSOCIATED PRESS



Starting pitcher Masahiro Tanaka delivers in the first inning of the first game of an interleague doubleheader against the Chicago Cubs at Yankee Stadium in New York City on Wednesday. KATHY WILLENS/THE ASSOCIATED PRESS

Tanaka shows off his star power to the Cubs

'Devastating' split-finger. Japanese rookie warms up crisp N.Y.C. afternoon

Forget the cold, the Chicago Cubs faced a much more difficult challenge in Masahiro Tanaka.

The Cubs managed two bunt singles, one aided by replay, and struck out 10 times against the Japanese rookie in losing 3-0 to New York in the opener of a split doubleheader Monday.

"His split-finger is devastating, a lot of bad swings on that and not good contact either, even when guys were putting it in play," Cubs pitcher Jason Hammel (2-1)

said. "Hitters will tell you how good you are, and today he was pretty good."

Junior Lake bunted toward the third base side with one out in the second, and Tanaka fielded it cleanly. First-base umpire Manny Gonzalez initially called Lake out, but Cubs manager Rick Renteria requested a challenge and the call was overturned.

"The challenge was actually more our eyes told us he was safe. I don't know how much a challenge it was," Renteria said. "It was more a consensus of the eyes that he was safe."

Chicago didn't reach base again until Anthony Rizzo pushed a bunt toward a vacated third base with a shifted infield leading off the seventh.

Next time maybe

The Cubs have yet to win in the Bronx.

- In the 1932 and 1938 World Series, the Yankees swept them.
- In 2005, there was another Yankee sweep.

The 25-year-old Tanaka (2-0), wearing three-quarter sleeves on a six-degree day that felt much colder because of a brisk wind, threw 107 pitches. Shawn Kelley allowed a single to Rizzo as he finished the three-hitter for his fourth save and Chicago's third straight loss.

THE ASSOCIATED PRESS

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Professor of Medicine, Western University
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You must register in advance at www.badgut.org/Events
GI Society 1-866-600-4875



Save the Earth

Support The Million Tree Challenge

Saturday, April 26th
9:00 a.m. to 2:00 p.m.



Donate your e-waste to Reforest London for eZcycle's Earth Day celebration

Bring your unwanted electronics to the eZcycle depot for safe, simple, secure disposal.
Net proceeds from recycling will be donated to Reforest London's Million Tree Challenge.

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- Monitors • Memory Cards • Game Systems • Expansion Cards • Hard Drives • Tablets • Printers
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A community service of John Zubick Limited. OES recommends that you wipe your drives and clear your SIM cards



Horoscopes

Aries

March 21 - April 20

Something you said or did in the past may return to upset your plans today but there is nothing you can do about it so just go with the flow.

Taurus

April 21 - May 21

You may like to give the impression that you are immune to criticism but it's not true and what someone says today will hurt you. Could it hurt because you know there might be truth in it?

Gemini

May 22 - June 21

You have no time for people who think and act slowly but the planets warn you need to be a bit more lenient and forgiving today. Not everyone can operate at your level.

Cancer

June 22 - July 23

It may be tempting to start something new today but you know you should be biding your time and conserving your energy. Once the Sun moves in your favour again on the 20th, you will know for certain what you should be doing.

Leo

July 24 - Aug. 23

Someone in a position of authority is watching you and if they like what they see, you could be in for a promotion when the Sun moves into the career area of your chart during the weekend.

Virgo

Aug. 24 - Sept. 23

If you promised to do something for a friend and you've had a change of heart, too bad! If you let even one person down today your rep for trustworthiness will head south.

Libra

Sept. 24 - Oct. 23

It may be time to let people know that they can have no say in your future. Far too many friends and relatives seem to be telling you what you should do but each of them is wrong.

Scorpio

Oct. 24 - Nov. 22

There is a battle of wills going on at the moment, either in your career or your social circle, and it's a battle you cannot afford to lose.

Sagittarius

Nov. 23 - Dec. 21

If you own up to some sort of transgression today, it may surprise you how little others seem to care about it. Either it's not such a big deal after all or their own sins are many times worse. For you, it's a win.

Capricorn

Dec. 22 - Jan. 20

It would appear that someone you work with has made a mistake and would like nothing better than to blame you for it. Don't let that happen! They're not the only ones who can point fingers.

Aquarius

Jan. 21 - Feb. 19

You seem reluctant to take chances at the moment and according to the planets you are right to hold back. A lot will change over the next four days, so wait a bit before making your next big move.

Pisces

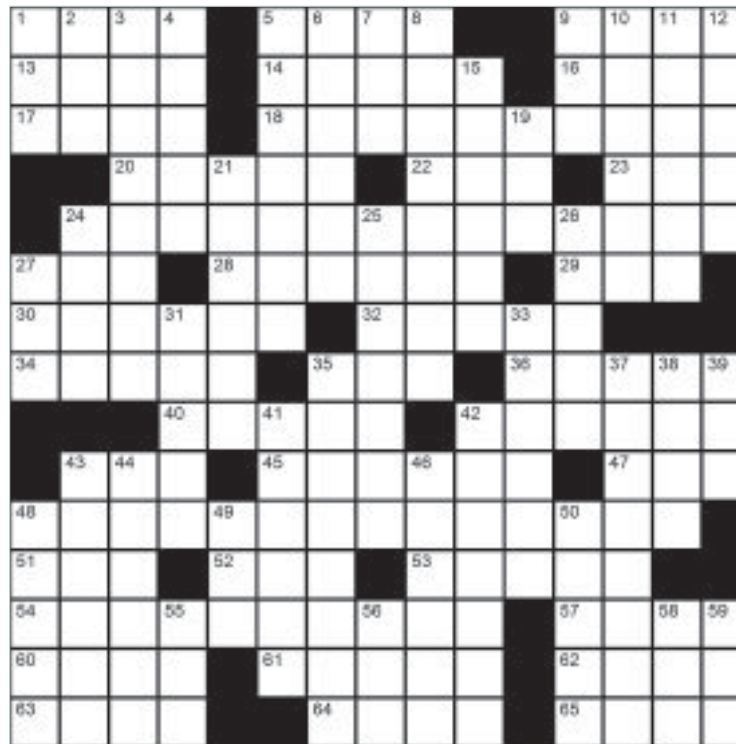
Feb. 20 - March 20

Try not to commit yourself to anything new over the next 24 hours. A range of possibilities will open up for you between now and the start of next week, so don't get snowed under by even more responsibilities. SALLY BROMPTON

Crossword: Canada Across and Down

Across

- ___ and terminer
- Scatters seeds
- Salon service
- Buddy Holly hit: "___ On"
- Creates a cardigan
- Baseball's Mr. Boggs
- Old UK airline in a Beatles tune
- Space studier
- "The ___ heard was..."
- Stun
- Perhaps
- Canadian comedy series for Rocko, Cuddles, Bill and But-ton's the Bear: 3 wds.
- Farm field
- Singer Ms. Franklin
- Ques. partner
- Records
- Wretched
- Awkward
- Rent
- Fast
- South Pacific tour-ist destination
- Beachwear style
- Italian pronoun
- Turkey's capital
- Stock place, e.g.
- Saskatchewan's rugged Western-movie-esque region near the American border: 3 wds.
- ___ Arbor, Mich-igan
- My own, in Latin
- Iron: German



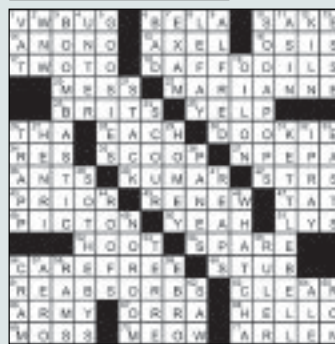
- Members of Cape Breton choir The Men of the Deeps: 2 wds.
- Mythical Hun king
- Prefix to 'phony' (Harsh noise)
- Bug
- French pronoun
- Freshly

- Quebec City 'streets'
- 'Photosynth' suffix
- Royal symbol
- Former-NBAer, ___ Ming
- Assess

- Post-game analysis
- Kurt Browning's colleagues
- At the actual place
- Stand-up's forte
- Scarecrow's outfit part: 2 wds.
- ___-faced
- Home design/

- build expert on "The Marilyn Denis Show", Mr. Khachi
- Nonesuch
- Ms. Streep
- "Hey, I could care less.": 2 wds.
- Retro's opposite
- Enemy of ancient

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

4	3	5	6	1	2	9	8	7
9	1	2	5	8	7	6	4	3
7	8	6	3	4	9	1	2	5
6	4	1	7	3	8	5	9	2
2	5	3	9	8	4	7	1	6
8	9	7	2	5	1	4	3	6
3	7	4	1	2	6	8	5	9
5	6	8	4	9	3	2	7	1
1	2	9	8	7	5	3	6	4

			3			9		
7		3		5			4	
8			4			5		
		5		6	2			1
	2						5	
9			1	4		7		
		1			8			2
	3			7		1		9
		4			6			

Today

11°/4°

Mainly sunny

Friday

12°/2°

Showers

60%

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Samosas	\$1.00	\$4.99	\$8.99
Tand Chicken	\$1.25	\$7.50	\$15.00
Tandoori Fold	\$1.69	\$8.00	\$15.99
	1/2 lb.	1 lb.	
French Fries	\$1.99	\$2.99	
Papadum 2 for \$1.00			

MEAT CURRIES

	Small	Large
Butter Chicken	\$4.99	\$5.99
Nihari	\$4.99	\$5.99
Spicy Coconut Chicken	\$4.99	\$5.99
Chicken Tikka	\$6.99	\$8.99
Beef Korma	\$6.99	\$8.99
Beef Haleem	\$4.99	\$5.99
Lamb Korma	\$8.99	\$10.99
Aloo Keema	\$4.99	\$5.99

VEGGIE CURRIES

	Small	Large
Lentils	\$2.99	\$3.99
Eggplant & Tomato	\$3.99	\$4.99
Chickpeas Curry	\$3.99	\$4.99
Spinach & Chickpeas	\$3.99	\$4.99
Okra & Tomatoes	\$3.99	\$4.99
Spinach & Potatoes	\$3.99	\$4.99
Mixed Vegetables	\$3.99	\$4.99

RICE & BREADS



	Small	Large
Plain Basmati	\$2.00	\$4.00
Biryani	\$2.99	\$5.99
Naan Bread \$1.00 each		Paratha \$1.00 each

SALADS



	Small	Large
Garden Salad	\$2.99	\$4.99
Caesar Salad	\$2.99	\$ 4.99
Fruit Salad	\$3.99	\$5.99
Tandoori Chicken Salad	\$5.99	\$7.99

SANDWICHES

Veggie Wrap	\$2.99	
Egg Salad	\$2.99	
Tuna Wrap	\$3.71	
Tandoori		
Chicken Wrap	\$3.99	Smoked
Bun Kabab	\$2.99	Salmon
Chicken Burger ..	\$2.99	Hot dog
		\$4.99
		\$1.29

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6 Naan bread	drizzled with	2 Sm Meat Curry
2 Lg Biryani	OR Butter Chicken	OR 2 Sm Veggie Curry
2 Lg Curries	(serves up to 6 people)	6 Naan bread
6 Cans of pop		Choice of 6 Samosas
		or Veggie Pakoras

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